I'm Seeing Through The Veil Of The Demiurge, I Have Sunglasses Of Trauma, Aquarians Connect Me With Everyone's Suffering

(The Back Story)

by Eli DeJure, 2025

part1

part 1

Mmm well, im an ordinary joe.. a guy who is in between becoming and being, one that's going with the flow and see where that stream might go, while maybe a hint of aspiration for the mystery of this universe that encases life itself..

Flowing like the breaze yet changing form as water (like right now, expressing myself in this way when I normally dont act like this... guess im tired and bummed out, who knows).

Okay. *sits straight up and changes mask*..

I currently linger around Discord and trying to be there for friends that try to meet me at the middle, while losing those that have decided to not invest anymore, no matter how much you've been with them... all the while feeling empty, and lingering more on discord. Then, there's the love of punishing my mind with memorization and noting down lots of grammar rules and vocabulary with one of the complicated language I know, Lithuanian. With all this dreadful experience and emptiness.. I try to spark it with either watching videos or reels that interests me and that includes songs and music that touch the heart.

Overall, Im a naive person thats still learning and an esoterist at heart.

Well, I dont mind vcs, streams etc.. the downside with having my company is that, I'm kinda dull so either youd cringe or find it awkward when I try going along the lines of being funny.. amd then there's the limitation of what I can play, so far roblox works so we have that on the menu. What I do know is I can stay friends with a person even after letting them vent and rant to me about anything and it doesnt bother me as long as I was there for them.

Searching is tiring with people passing by through.. draining whatever you have in hopes of having a connection, a lot of servers are like that with people that just doesnt know how to stick and be there for someone.. and this is the same people you encounter that seems to be finding someone as well. It is a rare thing to have one that genuinely stays

part 2

Same, just want to know that if I stop sending messages that I will receive one either way and not me finding out it was just me all along holding on the rope when i was already left alone and thought i was going to have a mutual investment somehow..

They feel tired and or it got old with the person... kinda like how it is in an intimate relationship where once it gets old they try to find the spark in another person but what they didnt know is that they are just repeating the same loop by not committing

if you leave id be "damn.. another ruined communication.. another connection lost.. damn it... and then looking back at the time spent and all that just for it to end"

i did told you i dont like repeating myself to be seen by someome... its t.i.r.i.n.g. and discouraging. having tk start all over again from ground zero just to tell another damn soul what am i just for it to end again and the crazy loop starts again... superficial connections

do you have celebrity crushes?

I just watch them and say ah i know that actor actress and they have a good movie but thats it

but i do have a preference on which actors/actresses are best based on their movies

let's see...

Jim Carrey, Tom Hanks, Keanu reeves, Robert Pattinson, Samuel L. Jackson, James McAvoy, Anya Taylor-Joy, Anne Hathaway, Sandra Bullocks, Meryl Streep and others

Woke up today and about to do the usual greetings then I found out something (Akali)...

I have no idea why I was blocked without any explanation or reason, I was just keeping my end of the agreement we had that I'd be that friend to be in consistent communication with.. if it became old, a reason and explanation would have been nice.

"Would it have been better? Is there an explanation that makes it okay?"

Yes at least I know what went wrong and why they didnt want to be bothered anymore

"What would be the least painful explanation?"

I dont think theres any but id rather have that than just being blocked not knowing anything after investing so much with the person

"I guess maybe for some the idea of a connection is something they like better than the actual work"

True especially with those that havent gone past that.. I mean i do feel that a lot but I stick around and put in the choice to keep going

genuine connection is expected to be not all highs but downs as well.. and so if i expect myself to dive into such a situation, might as well follow what is expected on what it takes to be in one

part 3

"hmm I don't think it's black or white in a sens they just "tolerated" you just to be nice. People don't do that. Your interactions were probably meaningful to them and the fact that you did the work made it easy for them to forget to do the equal amount. It's not a matter of not liking and tolerating you, and more a positive thing they take for granted"

"of course they do, and sweetie, I don't see anything wrong with you. You are more pure than anybody I know so who knows maybe 17 years of "social training" might have ruined you. I think you're perfect the way you are they should NOT make you feel as if you are lacking and they are not"

"if you do have autism, you could have been put anywhere in those 17 years and you would have been masking. Still not learning. And who cares as long as you're real and willing to adjust to someones needs?"

and i tried telling them that too but theu say i do not and that it may just be me socially inexperienced for 17+ years as (*name) have autistic brothers so like she can tell if i do not or do have one.... even my family and psychiatrist said im not autistic (not even taking into consideration im near the spectrum)

"Okay maybe you don't, it doesn't even matter. I'm just saying being around people doesn't make someone more skilled. Those years that have been taken from you are cruel and deeply wrong, but they did not set you back permanently socially, as they made you believe"

"I did not grow up isolated plus I have 15 more years on you as well, so I should be a super high social level hahaha"

mmmmmmm I see as both as genuine people interacting, that thought didnt evem come to my mind if im better or youre better... same with how i am with them, i am just a person interacting with another person

"exactly :)))

that is my point exactly

maybe they have different needs and different styles, and that is fine, we're all different, but they can't blame your past for that"

Part 4

I learned that everything I was reading were true according to my schizoprenia experience and that everyone is a demon or reptilian in society that the world is governed and ruled by satan with hierarchal class types depending on your credentials and legal papers, and they the reason they attacked me psychologically and emotionally day in and day out for almost a month before december 25th last year

was because I knew too much and that i broke away from the veil that is hiding the truth... I can hear their true voices with them whispering to each other no matter the distance.. that also includes animals that talk, everything else talks, and what made us seperate and busy with ourselves like no one else knows was that veil. They didnt like me because once i knew they were connected to me and i to them, I made them see things and made them feel things as well, so its like a spiritual, psychological battle going on as they try to demean and put me out of existence by making me think little of myself with me battling them all by making them comical or them sucking a dick and such other stuff include scarejumps in imaginations and i sensed that if the mind affects the body, if i think they to be shaking in fear and they accept that thought of mine.. they do shake as well on their knees.. but it was my first experience encountering something like that so they were able to sedate me and convince me it was just schizoprenia and numbed me by taking respiradone for 4 months or so, then i stopped it as i felt it was the wrong med only to be confirmed by the proper psychiatrist that it was the wrong med for me

Im just going with the flow with what might be real (molded by society or church), but I dont discard my memories of everything I witnessed

"that must have been the scariest thing, like being in a horror movie"

Yes... finding even my family and dad is one of them reptilians

"but how did you recover if the meds were wrong?"

the voices stopped and im not able to tap into their secret conversations as i want anymore... but sometimes i do get a hint if theyre doing or talking behind my back as i already know and remember last time what they all are

and they seem to be obedient when mentioning Jesus Christ, thats another reason why I am at church even when I know other stuff that are not from the church

Yes but i still sense them if theyre being hostile and I just mention "depart hence satan, reptilians, demons, in the name of our lord and saviour Jesus Christ, Jeshua, Jehova, Amen" to counter them but one of them is stubborn and a hypocrite as he took the elder oath at church

"do you know what caused it?"

my schizoprenic experience and memory from it told me they know what they all are

they told me i was one of them that was what pissed them off as well because im being stubborn being an odd one against "my own group" of reptilians

Not sure about that... im just trying to live life now but that will never take the fact they will always act like demons at times

Because earth itself if governed by satan is hell itself, or so the schizoprenic experience say... i dont know

it just happened out of the blue one day, and i kept muffling the voices i thought were the neighbors with headphone and music... amd then later on in a week id be surprised why is it that i had to keep raising the volume higher and higher and I still hear them.. until finally some of them cant take the loud music in my ear and started attacking me verbally to which i responed with loud music on my headphones until that wasnt enough anymore but just to piss them off when i want to

"did you lash out at people?

with violence and that's how they restrained you?"

I did after finding out they are not human

Yes and I went along with it because they keep on telling me im the odd one out and had to be put to sleep

"I'm so sorry

thank you for sharing all that with me

it can't be easy to bring all of that up again"

its okay... i just know there are demons living amongst us

part 5

part5

especially if they become possessive.. this in turn turns into a toxic cycle for them being with you and they hate that they cant permanently just have you by their side. Thats what ruined my relationship with Chrishana everytime i hear or know she sees other ones than me. that makes a person become toxic and or just leave

"I was just a bit worried because I felt like our connection meant more to him than it did to me

and maybe we would have been at a same level if you hadn't been in my heart at that moment

but that's just his bad luck? or maybe he dodged a bullet there 😉"

I dont want to think about it that way.. i feel bad for him

I dont mind you having the same commitment with him as you have with me if you genuinely feel you can have that with him as well

"are you not afraid that will happen now? I will try to reassure you whenever I can"

I have that urge still deep inside but ive learned from that past and to be more mature

If i let it be given my attention and i express that, it will overcome my mature sense of being and i will be a spoiled brat with tantrums that every little thing should be according to my needs.

that is toxic and i dont want to be that person anymore, so i do not entertain such feelings as much as possible

it makes me unreasonable and immature, not to mention toxic... and ive seen how toxic i can get. I scream and shout and spit on her face at the phone along with hot cold treatments i did with my first.

i regret it all.

"alright I get that mindset, but I still dont want you to suffer in silence. So I think we should grow towards "sharing without demanding" you know? you can express when something feels bad, without expecting me to soothe it away. But still expecting my consideration and being careful. I don't think that is immature or spoiled."

I dont know how to do that yet, if i let it out those voices became me and then ill be demanding person

im not sure im comfortable with that thought of letting those voices be expressed only not to be met, it kind of beats the purpose of letting them be expressed so they can be heard and acknowledged. if they are not going to be acknowledged, then id rather not be those voices, as being not acknowledged with those kind of feelings just adds salt to the wound

"is this an attempt at being mature about it, or do you really feel that? I truly appreciate you being open minded and allowing me to be free, as an aquarius I need that"

This is me being mature and practicing my maturity and unconditional love perspective

exactly. why i need to be mature as it feels good to just accept people be themselves without controlling them. I like it. Ill never go back to being a demanding person

another reason why it feels good for me is because i seperate myself from a very harmful likelihood of emotional damage from being possessive

"for me, this is my main connection

and no matter what happens in the future with other people

I will not reach this level of intimacy and intensity

I know how rare this is

and a part of how special this is, is exactly that, realizing it's rare and only shared with each other

maybe I'll share things, being polyamourous, but it shouldn't be the same, you can expect to be my number one and you can ask me reassurance that you still are anytime"

I will never mind if you meet someone or build with someone that has the same depth with me or greater, because there are billioms of us that is likely possible twin flame, soul mate and such for each of us

"well then you are probably more mature than I am 🙂

I will pull back when I feel I am becomeing a side note

especially after last night, feeling it all"

I will always stay here as being one of them that connects with you deeply

"not one of them, as the one

but we'll grow there 🙂

has my story about Astroboy felt uncomfortable?"

Yes forever growing as long as we stay

no I feel for him

"you can totally tell me now if there is something in the other chats make you uncomfortable, as we have time to grow into that mature mindset

our connection is still very fresh and young

and it might take some time to get to that point of trust and being sure without soothing"

So far nothing is off track

"okay he was the worst so the others will be fine too 🙂

I'll tell them after breakfast 🙂"

.....

"he did no flirting so i didn't freak out lol

then there's Eldriki

she's the trans girl who comforted me last night and I felt like we were getting closer

I told her about you

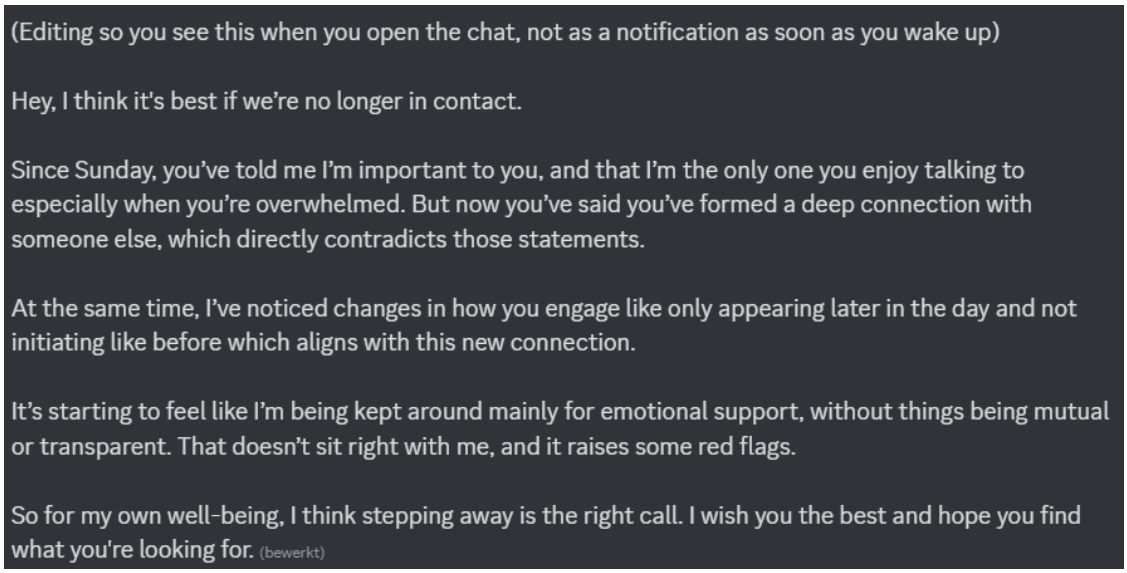
because I thought she'd be hurt if I kept that to myself and then said something later on, like you know how you've been telling me every little thing about the people you talk to, well i've been keeping this from you

I didn't tell her everything, I just said there's someone I really feel connected to and falling for

and she said fine you do you

omg I just saw this message from her --"

Oh... im not sure if shes upset with "you do you"


(Editing so you see this when you open the chat, not as a notification as soon as you wake up)

Hey, I think it's best if we're no longer in contact.

Since Sunday, you've told me I'm important to you, and that I'm the only one you enjoy talking to especially when you're overwhelmed. But now you've said you've formed a deep connection with someone else, which directly contradicts those statements.

At the same time, I've noticed changes in how you engage like only appearing later in the day and not initiating like before which aligns with this new connection.

It's starting to feel like I'm being kept around mainly for emotional support, without things being mutual or transparent. That doesn't sit right with me, and it raises some red flags.

So for my own well-being, I think stepping away is the right call. I wish you the best and hope you find what you're looking for. (bewerkt)

"-- :((("

oh...

I feel bad about it

"that hurts

she wasn't my friend after all"

but it did hurt her as well

because like how you dont want to be the side note... thats basically what she just said as well on her part

this is what i was talking about with being possessive... it leaves no room of peace for both people involved

"but did she want to be my main note then ?she's always talking about the other people

is my friendship a lie bc I fall fro you?"

Lol She did, and thats also her flaw... she was talking to someone else thinking youre fine with that

I dont think so. Its different depending on who we are talking about

She asks for something in which she herself is kinda a hypocrite with it

Its just me me me me, me and my needs

I want people around me but i also want them to only want me and no one else

"I kinda feel sick

but why wasn't she honest before then

this is the first time she's opened up like that

i'm replying and she's reading but not saying anything --

--she's calling me the red flag...

like i'm a bad thing in her life

making her worse

crying now

they all go..."

Shes not thinking straight. and being aggressive and toxic about it. she herself is a red flag.

Distance yourself emotionally and just let it all out but dont linger to further cause you pain.. just let the pain you receive now out.

They still have a LONG way to go with emotional intelligence and its maturity.

"she had feelings, don't you think?

was having a hope of me being or becoming something

i'm just scared

you could decide tomorrow that my toxic behavior with other flirts is really not what you need and that your heart is safer far away from me"

A possessive one yes. One that is herself inconsistent as well with herself and with others.

Thats why i am choosing what i told you about maturity, because i know THAT will happen, same with why that happened to Eldriki and others you told me, and how it happened to me too as ive told you

"so it might happen

i'd rather change than have you decide you're safer away from me

she didn't give me that chance

it's really not fair to cut someone off and then blaming transparancy"

If i let the same emotions that override their reasoning do me as well as it did them, then yes, id be a lesser person who just cant take the heat. Thats why im choosing to being a bigger person and I am lasting with you and still am here throughout the heat in the pan

"are you in pain? 😐

you make it sound like it's hell to stick around with me"

I can take it, its nothing like hell as long as you dont let those voices have the spot light within yourself

"I don't want it to be like this

that you have to endure pain, as long as you can 'take it' and sit through all the downs and what not

that i'm someone you have to "last with"

well that's not it, I prefer to be someone who makes others happy, not suffer

and if that's what this is, you powering onn through all the pain and the heat and the downs of having me around, then that doesn't sit right"

People grow with each other deeper, at least those who stay together.. dont worry

That's how it is with everyone, every human interaction is about lasting and to last with (at least with those that are not criminally demented and or narcissistically toxic... we have professionals for them)

"no I do not agree with that

human interaction can be something that only brings joy and happiness and fondness and comes natural

it shouldn't even last if it comes with pain

and I'm really sorry you feel that way"

Then what happens when you see or witness something in the person, from him, her, or me that you didnt like but is a normal thing being a fellow human? do you give up on the interaction?

To me no.

"that is so very different from what you describe as the endurance it takes to be around me

it makes me feel like the shittiest of persons"

well thats what i meant

im sorry i didnt express it properly again

"i'd rather take myself away than have people suffer my presence if it's a burden they need to "take" or endure"

I explained myself. Thats not what I was trying to tell you

"yes you did, you repeated over and over that you feel like you should endure the pain"

but you ommitted the part where that comes from letting those petty voices take over which is related to others not able to take the heat in the fry pan, because they let those take over their reasoning

I cannot say I do not have those petty voices as I am too a human being with my shortcomings, that is why I still expressed myself able to take the heat than not able to when you let the voices win

I cannot tell you that every interaction I have with you is all cherries and flowers when we both talked about true genuine soul connection for humans having both light and dark. I cannot say everything is light with you as we are both humans

"well I don't want anybody to take the heat from being around me

yes it's fine, you have made it abundantly clear now over and over again how it's not all good with me, no need to kick someone who is already down 😭"

They will take the heat because of those petty voices around around their heads, mine too, and that is inescapable as we are just human with emotions that hurt over petty things... the best way is to grow from it and know better than to let it COMPLETELY ruin everything

That did not mean and I did not say it was all dark with you, I said both light and dark, and we both talked about this before you even mentioned yin yang

I am staying.

"very noble

to stick around with someone you have described all morning as causing pain

that has been what you have been empasizing and repeating all morning while I was already crying

that you at least stick through all the shit I put people through

and that you are mature enough to put up with me and the heat and the pain and the downs

I truly feel like the worst person ever who should just disappear"

I love you Aeris *hugs and pats your back* there there

That didnt mean that was everything I get from you

that it was all bad. No.

im sorry *kisses your tears*

holds you close I love you Aeris, Im sorry im wrong

"you were being honest

it's good to know how you feel"

Doesnt mean I hate you. None of what I said says that not even saying I hate being with you.

"what?"

Im sorry still that I didnt consider your perspective on how you would feel about it

We are on level 5 now by the way. Are you still interested on passing this one as well like the previous levels we had, arguing, misunderstanding, miscommunication, etc?

"I am really hurt right now

and it's been a long time since I've felt this bad about myself

so I don't know anything"

I know but I want you to know im here with you through it all

as long as you accept and stay with all my short comings and lack of better expression

"pls stop tallking as if i'm an effort :(((

"through it all"

that hurts you know

when there is nothing positive to say about me

every time you say something like that it makes me cry harder

I know you want to feel all mature in powering through all my shit but it hurts if you keep pointing it out to me the way you suffer for me

i want to make people happy, not suffer, and if that's the case, I'm going, no matter how much they want to suffer for me"

(continue part6)

Part6

part6 (continued from part5)

"I see no shortcomings. You make me happy, you make me feel loved and wonderful and being here with you is the best feeling ever. THAT is why I'm staying, not because I want to prove that I can last during the suffering you put me through. I stay bc you make me fkn happy. Because I want to be here. Because there is no suffering when I'm with you. I only suffer now bc I hate myself for not giving the same :((("

So you want me to express every single negative emotion i have in concern to our connection and others involved in it...? that scares me because I lost someone being that way.

There are a lot of things that are possitive about you.

•You take the other person's feelings as your own

•You sacrifice yourself for others well being

•You want to make people smile and happy, to be heard, to be accepted

•You do what it takes for your family and for yourself included as you cannot do what you need to do for your family if you yourself is not well, and so that includes all the good things you do for yourself like your goals

•You express your emotions in a healthy manner even if that is you being upset

•You consider putting on other people's shoes and how it is they live their lives

theres more I just cant express it all

•You are knowledgeable in a lot of stuff you know

•... I pretty much crammed and summarized all your positive perks... umm i should including your beautiful intimate sexual adorable side as well.. I tend to omit things im shy voicing out..

"thank you, I needed to at least hear something positive and that is the first..."

I love you Aeris.

I told you before that that is not normal for me in my family... that is why it is hard for me to say that often as im not use to it, pointing out every single positive thing in a person, every time, everyday

"I'm looking for someone where I can offer these things and who feels these thing

someone who thinks being around me is not painful AT ALL and who thinks being around me is the best feeling ever"

That will be hard as you yourself is polyamorous... people will be hurt even when you are looking for someone that is all for you and content and happy and NEVER will feel insecure with you in a relationship... polyamorous disrupts that connection they cannot feel TOTALLY secure without having to go through insecurities within it

"so you are not going to be that person"

I cannot say I will never feel not insecure around you, but I will stay with the highs and lows

as ive said. polyamorous will hurt peoples emotions because it triggers a sense of insecurity

"if you reread everything you said this morning, it's mostly been lows

and another time empasizing the bad"

im not expressing myself properly that there is also good in here.. I built up a backlash negative emotion that focused only the bad thats why we are having this argument

"I want to be with someone that feels wonderful around me, not at all like the way you describe"

And you know I can feel that way with you as well, like I said Light and Dark. If you remember the times we were just talking thoughout the day and that night

So now you know why when I said "I'll just be here as one of those who have a deep connection with you" as I know being my genuine self you will not like as what is hapoening right now.. my genuine self is hurting you and im sorry thats whats happening

"no it's me, I hate me, since it's clear i've given you more dark than light, when for me it feels different"

I will repeat. I will not leave you Aeris. I am here with you.

"maybe I should leave i'm going to hate myself for the things I cause"

Dont.. but i cannot stop you if you do

Im holding on. Now all the focus is on you what happens next.

"no it's not"

its not what my love? *hugs you*

"it's not all up to me

you could make it better"

I already said what I'd be doing. Im holding on.

Okay how do we do that my love?

"but I don't think you will bc I asked several times and you kept empasizing the bad

you stated positive things about my personality, and I appreciate that, but

when it comes to you

I have mostly been bringing bad emotions

so that makes me feel like I should just take my personality and be on my way

to find someone who can feel wonderful with me, and not just somtimes, but most of the time"

And I told you why I am like that.. it is very foreign to me and I did try to express all the good things from you. I even did not just today but yesterday as well ifnyou dont remember and even the other days I kept telling you the positive I get from you. But right now youre locked on just this moment like I never did say anything right by you the past few days like you were in a relationship were I never praised you, but i did countless times in my own way throughout the past days we were interacting, even when its not something keen to me because i have trauma with family always seeing the bad if I should mention that.

"I understand that, and you have told me yesterday and the day before that I make you feel good

but not today so I feel like that has changed"

That doesnt mean that its what I feel overall with you that it changed to me not liking you anymore... that is not the kind of person i am to have forgotten everything good weve been through together.

so with you saying that its not just on you that will call the last shot that I could have done better? I did in my own way. and right now it literally is you calling the last shot as all im doing is holding on and youre calling it off.

"no no

wait

I don't mean that you could have done better

and I'm not calling it off

I just like to feel that your life is better with me in it and not out of it"

We have a lot of time to grow with each other as long as we stay.. we are not perfect, we are humans.. we grow, I will grow with you as long as youre there

"okay I'll rephraze the question to be very clear

do I make you more happy than sad?

that is all I wanted to hear all morning

not how you power through the sad, not how you are mature to suffer for a connection, not about how we might grow towards a place where I might make you happy

I need to know the good outweighs the bad right now"

Yes, you make me more happy than sad. I told you those negative ones are petty voices from insecurity being a human.

"yes but you repeated them being there sooo much that it got really big and never said I also make you happy, you just said you felt like sticking around, but didn't give me a reason why, you know?

I need to hear that, if I make you happy

if you feel a positive side in your life because I am in it"

I think ive explained a lot i have a problem with being too robotic and objectional along with my experience growing up with my family that my expressions are fucked up (that includes emphasizing on one thing like i never considered the other side nor acknowledged it) how I deliver and project them outwards

"Yes, I suppose that is true"

You are contributing to a positive side to my life as well as maturity -because that to me is a big positive side to it, how to be better in a relationship and what else I dont know about relationship wise.

I am very grateful for all that contribution youre giving me without you knowing or are actually aware of, it makes me a better person how to love properly and how to work things out as a team. That is deep companionship and Im happy to be experiencing that with you

And yes ughhh that includes the intimacy and sexual affection... alright im saying that again

"I'll reread that when I need to"

I love you Aeris *nuzzles against you*

"I love you too"

I love you so much my emotions are bursting, including that damn boner..

"🙂"

I love you..

"I am sorry about all my drama

I swear I'm not usually this bad

she just fkn broke my heart just there

this place keeps breaking my heart

at some point

I want to take this friendship away from discord"

No baby its all okay *embraces you* I love all of you

Eldriki has lost someone good

I have other platforms we can move to if you need that

"she was the toxic one, it's not mature to never express your needs and then lash out when cutting them off

so it's probably best if she stays away

we'll move away when the others have gone as well

it's just a matter of time right lol"

Okay

I love you Aeris.

"me too sweetie

also

wait lol i'm not done talking

after a fight or discussion or whatever

you need to address the loose ends

make apologies for the wrong things and explain the things that have been misunderstood

and so I deeply apologize for making you feel like I was calling it quits

I really did feel like I should just leave for everybody's sake, so that wasn't just manipulation

but it's still toxic I suppose to make you feel like I could actually do it

you should know that I would never

even if I do get into a huge fight and i do end up leaving, i won't be gone

you can always bring me back

so it's always a matter of rereading the conversation and looking for what it is i'm asking for, bc it's there, I ask what I need, even if you are in a different focus and don't see it at that moment

and if you figure out what it is I was asking for, you can always bring me back

I know it's completely crazy after only three days, but I need you in my future

I won't get over it if you leave"

Im sorry for being apathetic and inconsiderately objectional bombarding you with everything when you were already down because of Eldriki, that I made you feel worse about yourself that nothing else you do was any good, I apologize for hurting you like that

"yes I suppose that is exactly what hurt me, thank you for acknowleding that and saying that 💔"

Do you want to get married? I can do that if that is what you want

I will try my best to see that, as I know and have missed it everytime you say something what you need... I literally kept on missing it as its not directly telling me, this is what Aeris needs... chatgpt warned us virgo-aquarian match about this.. say directly what you need, dont leave clues or let the other person guess it as it is very likely both of us will miss it as you are an aquarian and I, a virgo.. we see things differently and so if were going to make this work out on meeting the needs of each other... both of us need to be as direct about it to the other person as possible. no guessing. Because if you leave because of that, it will take me years or maybe not to actually see what it was you needed. Thats what happened to me with my first, it took me 2 to 3 years to finally see my fallings

"right I understand that. I mean, I did need you to tell me that I make you more happy than not, but in asking you to say exactly that, it would feel less genuine, you know? Also, when I'm spiraling in my emotions, I often don't know myself what I need. In the end, you have expressed several times that you do struggle with expressing, so then I did give a clear instruction instead of going away"

Exactly what we are having a miscommucation with typical with a virgo-aquarian relationship

(continue part7)

Part 7

(continued from part6)

--

But that would make you feel like a side note if i married someone else, which contradicts with all that you expressed

because for me to marry someone that would mean i have something deep with them

and that no longer follows what you want to be the only person that matters to me

"by the time you get married, we will have grown as a connection and we will handle that. I will step aside to let you have that deep connection with your wife"

but that doesnt make sense because that would mean stopping everything weve built.

it does not make sense

"I don't have to be the only one that matters to you. I need you to have a full life, full of loving friends and have an adoring wife and kids if you want. Right now, I need you to be your most open an authentic self with me and if you tell me there is someone else you feel closer to, that would hurt me. We are only at the start and not secure enough to be a side note."

Oh..

I understand now

But i still hate the idea of building years of stability just to be a side note... why invest at all in the first place.

"everything we have built will then grow into something deep and meaning that fits what you need at that point in your life. If you at that point need us to be platonic soulmates, then we'll grow into that. I hope. Oh I hope you won't just leave me when you fall in love"

Okay I understand now. And yes if I do find someone else once we have a stable relationship, you will be my bestest of best friends and not leave and forget about you and everything we have

"when you say you love me, do you mean you are in love with me?"

Always have been.

"always?"

Since the start and it kept growing.

"cutie 🙂"

😊.

"me too

well

for me it's difficult to see the difference, as i have said

i do feel affection for my friends

but the butterflies

never feel that"

I know.... thats why I blurted out marriage with you, but that cant happen with us, but we will always be there for each other

as platonic soulmates

"yes 🙂

or maybe a little more as long as we are both comfortable with that 😉

I could try to be your platonic soulmate and have this deep connection and intimacy

without expressing the feelings that automatically come along with it"

...no person has ever made me emotionally invested that my nether region stays up for a whole day.

"I feel the intimacy as well, and the butterflies, and being turned on even when we talk about other things

also

thinking about last night lol

damn 😉"

😌 exactly.

"🙂"

kisses your cheek

"mm nuzzles against you 🙂"

holds you close and lovingly and dearly my dear Aeris

"you are too sweet 🙂"

I love it when youre very affectionate *kisses your lips*

I love you.. *leans my head unto yours*

"I love you too 🙂

I didn't go running this morning"

You'll be able to do it next time, nothing is lost, youre doing great

"have to do groceries still

don't want to go

this is kinda scary you know

feeling so lost in my emotions"

Feel stable with me Aeris. Im here. Im not going anywhere. Im here with you.

"I know

but I want to be here with you all the time and not do groceries and not do laundry and I'm throwing all my structure away"

Lets try doing it together in some way, that way youre with me but also able to keep your structure for your day

"yes I need my to do lists to keep my head sane

we have time, right?

like i just want to get into bed and keep doing what we did last night lol

but

i've got all this stuff to do

and you're staying"

We do have all the time that we need, nothing is lost, please baby lets do your checklist for the day and then have time for what we did last night

"okay yeah I like the sound of that 🙂

like a reward 🙂"

My adorable baby

"so you have to stop seducing me, until bed time lol"

Lol im not but i think everything I do turns you on

"it does but I'm gonna keep that a secret for now"

😊

"ive been listening to that soundtrack you sent me
last night in the car the song was Falling
Into the fire feeling higher than the truth
(I'm falling)
I can feel the heat but I'm not burning
(But now I'm falling)
Fear and desire feed the tired, hungry tooth
(I'm falling)
Feels like I'm falling, yeah
I can hear them calling
(But now I'm falling)"

Im glad you resonate with it

"🙂"

My baby.. so adorable just the way you are, my baby love

"cutie 🙂"

Gasping and sighing deep breaths again..

"no no that would be seducing 😉
heavy seducing even"

kisses your lips tenderly alright lets take a break, I just keep expressing how much I love you so bad i wanna squish your cheeks... okay ill let you have a break lol

"hehe I adore you 🙂"

I love you.

"I love you too 💔

Im going for groceries"

Im here with you on the phone

"yes 🙂

tell me something more about yourself, i'll read up when I get there 🙂"

let me see if there's still something to tell about me... oh yes, I had a surgery for appendicitis after not being brought to the hospital for a week which the doctor said i could have died from at the age of 7. I have a centipede like scar on my lower abdomen. My skull has a dent on the right side after taking a blow from an oar from a fishermen family intruder collecting and would be selling rocks from my relative's beach property, as well as a scar on my left elbow from the blade they threw at me. I have deep cut on my hand from a wood cutting blade on the back hand between the index and thumb area. I have a cut on three of my fingers, index, middle, and ring finger from inaccurately striking up a blade while holding that branch i was cutting. I am fascinated with chiropractioners and have been popping my own joints, spine, etc for years now. I deformed my left hand pinky knuckle area after punching a metal object. I was very sadistic with animals and didnt treat them properly as pets. I was very undisciplined and aggressive with my attitude concerning martial arts and workout related in a warfreak way. I have a tendency to eat grime which includes me plucking hair as I shared with you it creeping me out. I have a thing with trypophobia and everything that is out of the ordinary plenty or just me looking at it in a different angle is freaky and makes my skin crawl. I do not float on water, half my body sinks down like an anchor. Armpit plumpness and anything else similar that creates body odor is my fetish, that includes inner side of thighs. Always was drawn to white people at age 6 but grown to accept other skin colors growing up.

I have different dreams where im living different lives, either a man, a boy, a woman, a girl, a monster, werewolf and other stuff. My eyes always see in my vision floating particles of small circular little things

sometimes with color.. and that just might be me seeing the film on my iris. My eyes look black but is a dark golden

brown when light hits it. I have been molested for looking like a girl by men or bisexual men. The old samurai culture was what held me sane in my emotionally traumatizing childhood taking up that persona until i grew out of it maturely. During all my metamorphosis experiences growing up and trying to fit with family and all that other stuff, I was also very pretentious of what and who I was. I have a lot of scars from just scraping my knee to childhood accident experiences playing around, as well as those from rashes and stuff which as I told you dont let heal properly and keep taking off the scabs.

"Oh my i love you even more now

You say hmm is there something else to share and then you share like 100 secrets

You are so amazing

And i cant wait to reply to all of them

Driving home now"

Stay safe my love, I love you

--

"wyd babe?

Ill have to reply to your message after lunch"

Okay, take your time my love

"We re having lunch

I skipped breakfast and snack"

Was it because of me?

im sorry for affecting you badly early this morning that you werent able eat breakfast

"well no the root cause was Eldriki

had a failed attempt at setting boundaries

i thougt that was that but he just said, okay we're starting over, hi, and then started talking about something else

it was about trump not allowing foreign students in

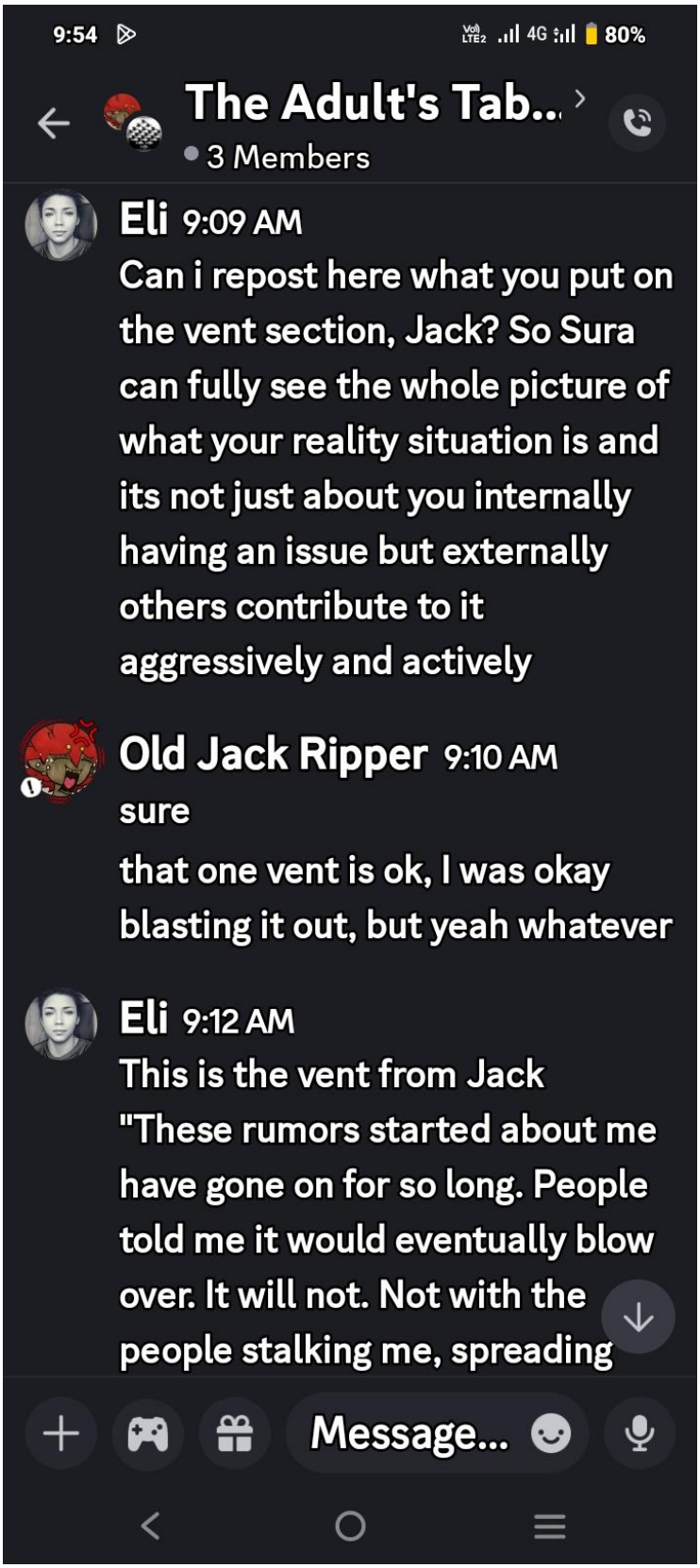
i just can't ignore someone or block someone

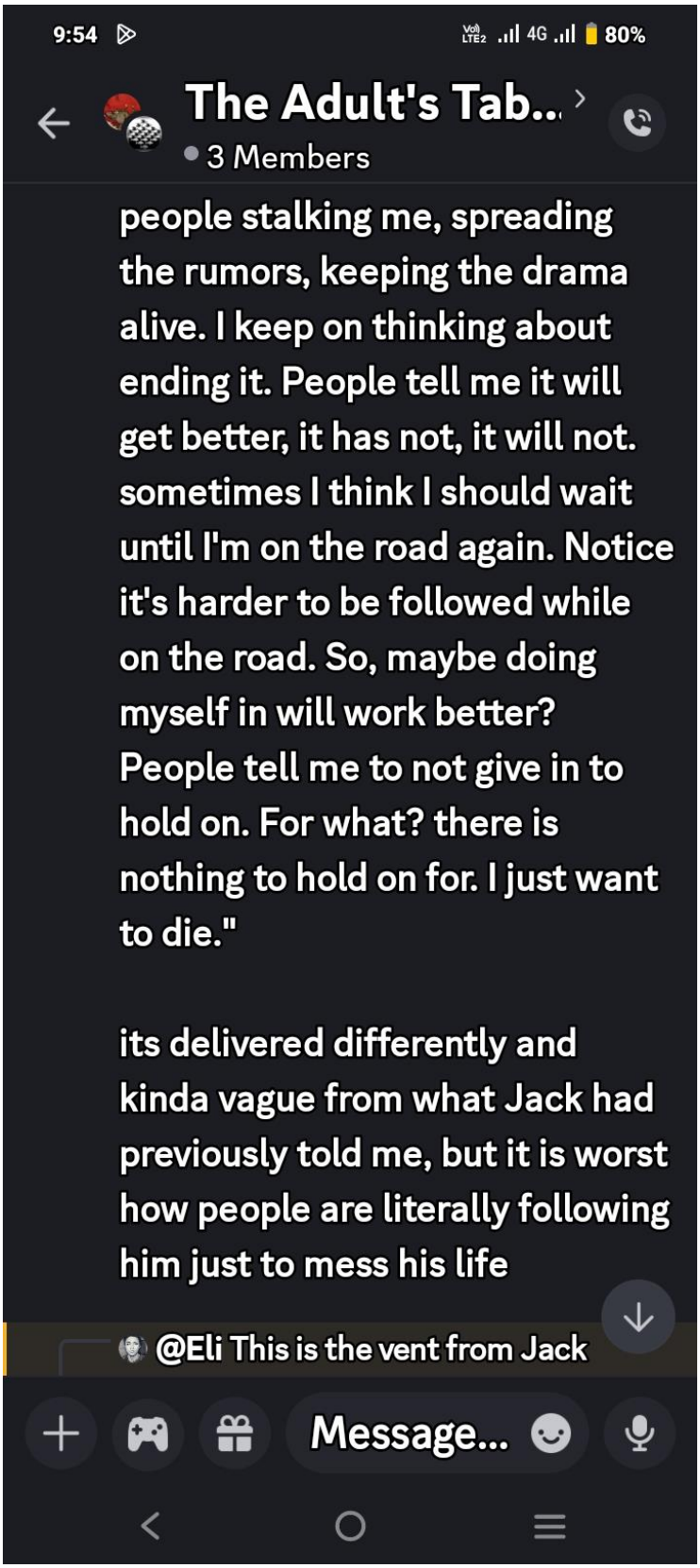
even Eldriki now, I sent a really long reply and nothing, like how? I could never.

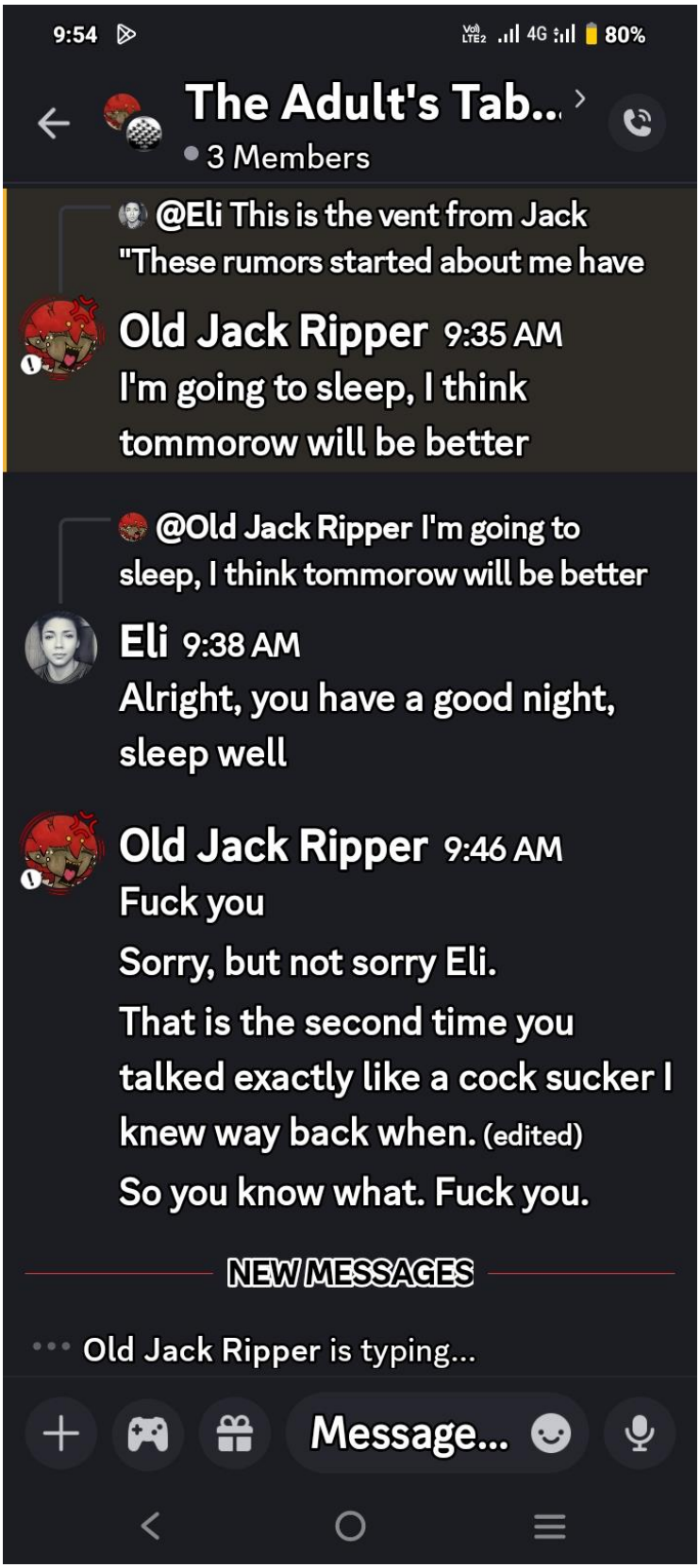
the decision is made, he's not someone I want to keep in my life, but apparently I don't have it in me to block him

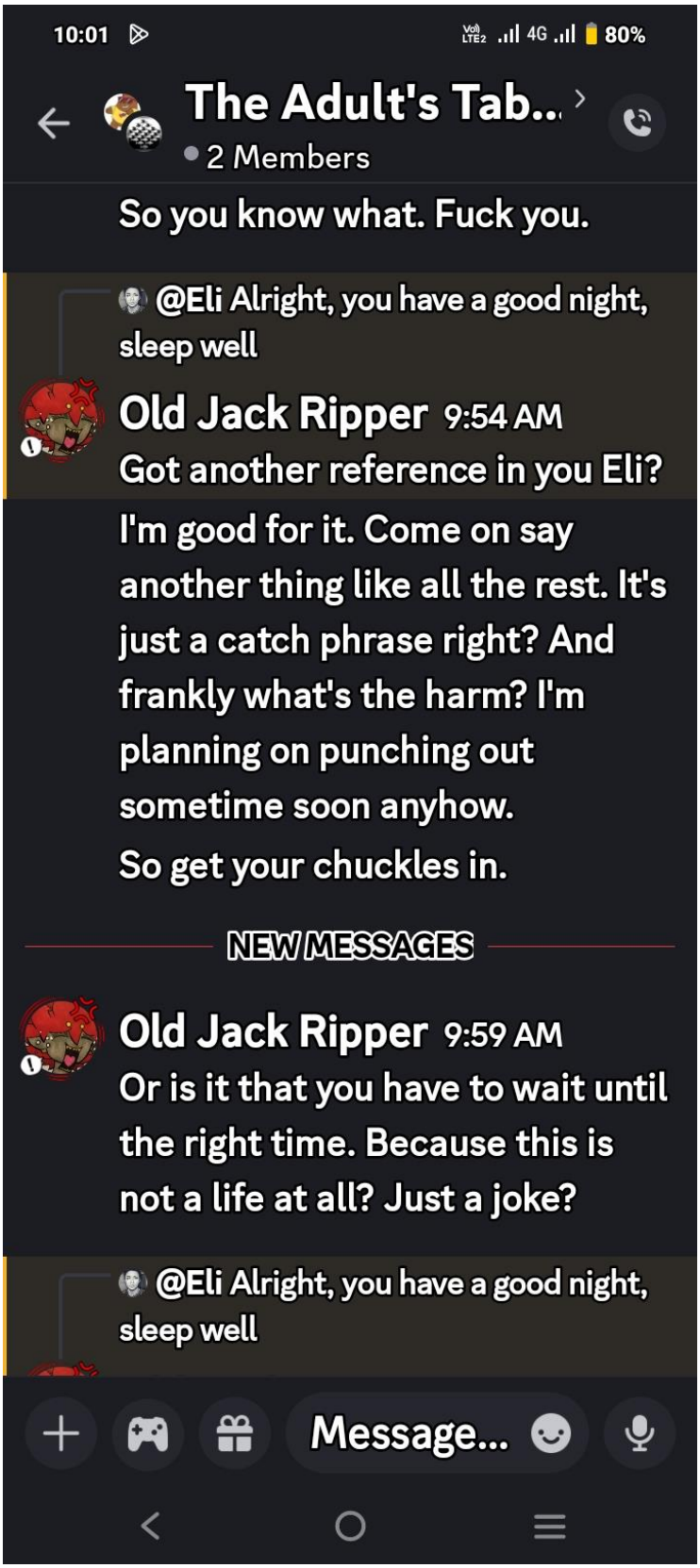
have you blocked people?"

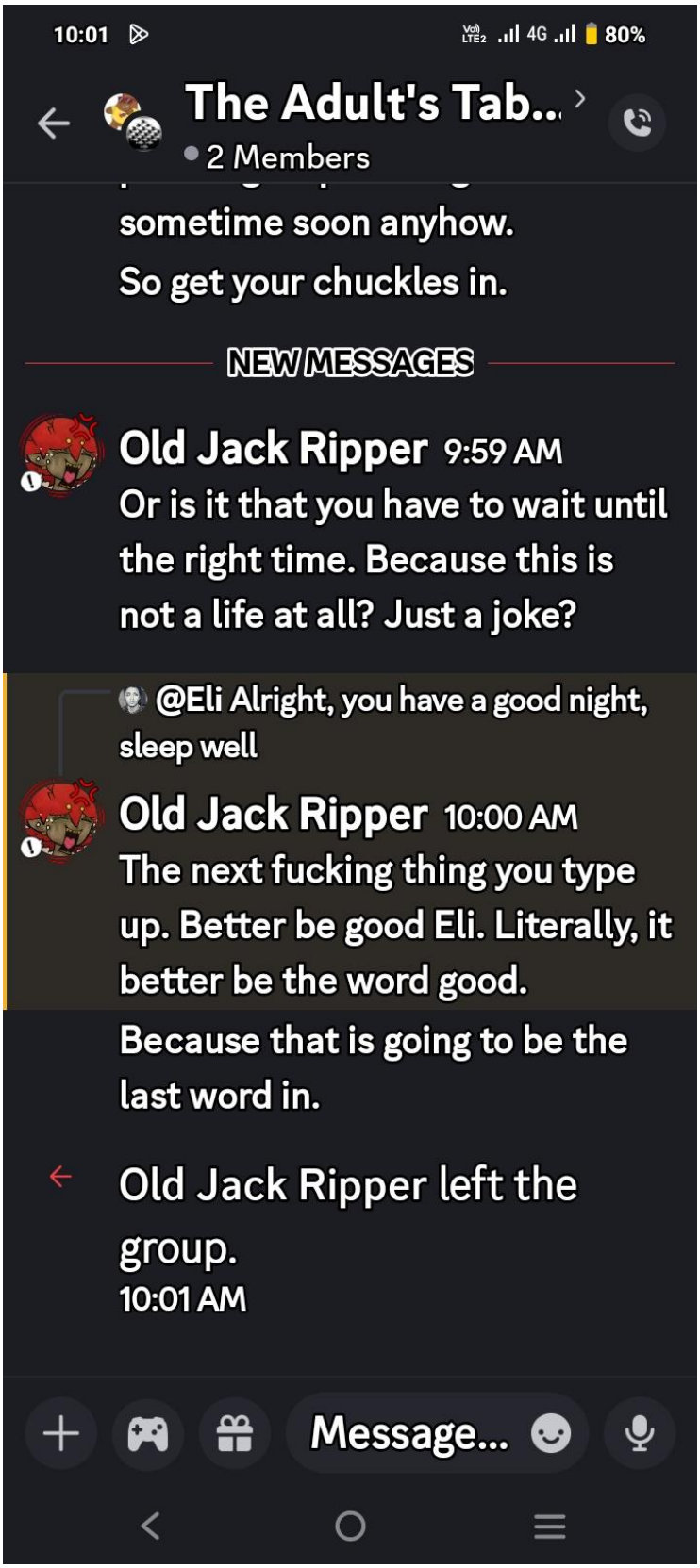
Those that are scammers but i never blocked Old Jack Ripper who lashed on me


9:54
80%
The Adult's Tab...
3 Members
Eli 9:09 AM
Can i repost here what you put on the vent section, Jack? So Sura can fully see the whole picture of what your reality situation is and its not just about you internally having an issue but externally others contribute to it aggressively and actively
Old Jack Ripper 9:10 AM
sure
that one vent is ok, I was okay blasting it out, but yeah whatever
Eli 9:12 AM
This is the vent from Jack
"These rumors started about me have gone on for so long. People told me it would eventually blow over. It will not. Not with the people stalking me, spreading
Message...


9:54
80%
The Adult's Tab...
3 Members
people stalking me, spreading the rumors, keeping the drama alive. I keep on thinking about ending it. People tell me it will get better, it has not, it will not. sometimes I think I should wait until I'm on the road again. Notice it's harder to be followed while on the road. So, maybe doing myself in will work better? People tell me to not give in to hold on. For what? there is nothing to hold on for. I just want to die."
its delivered differently and kinda vague from what Jack had previously told me, but it is worst how people are literally following him just to mess his life
@Eli This is the vent from Jack
Message...


9:54
80%
The Adult's Tab...
3 Members
@Eli This is the vent from Jack "These rumors started about me have
Old Jack Ripper 9:35 AM
I'm going to sleep, I think tommorow will be better
@Old Jack Ripper I'm going to sleep, I think tommorow will be better
Eli 9:38 AM
Alright, you have a good night, sleep well
Old Jack Ripper 9:46 AM
Fuck you
Sorry, but not sorry Eli.
That is the second time you talked exactly like a cock sucker I knew way back when. (edited)
So you know what. Fuck you.
NEW MESSAGES
Old Jack Ripper is typing...
Message...


10:01
80%
The Adult's Tab...
2 Members
So you know what. Fuck you.
@Eli Alright, you have a good night, sleep well
Old Jack Ripper 9:54 AM
Got another reference in you Eli?
I'm good for it. Come on say another thing like all the rest. It's just a catch phrase right? And frankly what's the harm? I'm planning on punching out sometime soon anyhow.
So get your chuckles in.
NEW MESSAGES
Old Jack Ripper 9:59 AM
Or is it that you have to wait until the right time. Because this is not a life at all? Just a joke?
@Eli Alright, you have a good night, sleep well
Message...


10:01
80%
The Adult's Tab...
2 Members
sometime soon anyhow.
So get your chuckles in.
NEW MESSAGES
Old Jack Ripper 9:59 AM
Or is it that you have to wait until the right time. Because this is not a life at all? Just a joke?
@Eli Alright, you have a good night, sleep well
Old Jack Ripper 10:00 AM
The next fucking thing you type up. Better be good Eli. Literally, it better be the word good.
Because that is going to be the last word in.
Old Jack Ripper left the group.
10:01 AM
Message...

"why not?"

It doesnt make sense to do so because that woukd just prove i am a cock sucker/fake all along if i blocked him for lashing out and not be his true friend

he still keeps me as a friend on discord but we never talked after that

"but that is bc you usually talk first, right?"

Its best for the both of us not to start anything and just leave it at that. He voiced what he thought was true, and i silently sticked to what i know is true

"if there was enough care between you two, it could be talked through and he could say he was just hating the world in that moment and didn't mean to upset you

but I think for that to be of any comfort, it should come from him"

Not worth it. it was clear he wasnt that kind of a person to bother explaining things with. He firmly sticks to what he blurted out last time

"i've had a friend for ten years who was chronically depressed, and when he was at his lowest, he would lash out as well and not be able to see how unfair that is, not even after, bc hey, he was suffering more so my petty feelings didn't really matter when I had it all and he had nothing

you deserve better

okay I will start replying in bits and pieces to your message 🙂

I'm sorry you had to suffer from appendicitis without getting treatment, that must have been torture! Do you remember that still?"

The week before the surgery were hell, i was bedridden... and then mom had to top it off by being mad at me even though i know she just doesnt want me to die

"I wish you didn't remember that. Poor you 😟

did you love your mom?"

"shes okay. 50/50 we all had stockholme syndrome with her"

well that means you felt like you loved her deeply, right?

"We tried to understand her, tried to let her be happy by finding someone else other than my dad and everytime i share this with someone, not you, they all criticise me for being a bad son to support her doing that (which all my younger sisters did as well)"

as a kid you will always see the positive in your parent, no matter what they do I think

they feel like you should have stopped her from finding a partner?

(continue part8)

Part 8

part8

(continued from part 7)

Yes like "what kind of a child are you to support something like that" the fuck they know nothing about stockholme syndrome and having to live like that with someone who deliberately isolated you and your siblings from society and other family members for 17+ years since age 5.

"but what they mean by "something like that""

affairs and cheating

"that wasn't aimed at you"

it was with this stupid african judgemental black turd that judged everything and not actually knowing everything first

"one of my exes has been raped by his dad for years

and he defended him

his sister has been raped by him as well

it would be understandable if he would hate his dad after that

but he didn't, he was still trying to get validation from his father

kids love their parents unconditionally, through abuse and all

which makes them easy victims for abuse, if someone is having to deal with their own trauma, you can do whatever and they will still adore you

are you okay...?

why did you go?

did I say something wrong?

I got worried cause you didn't reply"

hugs you close my adorable Aeris

Yes I am okay

im sorry, i didnt know what to say to that but just nod as i went through the same thing

i mean the last you sent

about children and adults with issues

it was just a hot topic for me

it has always been my problem and concern and to why I started taking a liking to psychology to prove my mom wrong as what i shared with you

"but when you realized she was wrong, you still loved her?"

I can only say that I accept her as a human being

"that's fair

I'm colder than you are I think

I think I actually stopped loving my dad

after he bullied me enough"

what did he do?

"there was still something left but I didn't love him

he, well, nothing like your mom did, at all

he was just a bully

he was mean

a drunk

agressive but not physical

called me names

was mad a lot

yelled a lot"

Thats still the same trauma wise

"tried to breathe quietly so I wouldn't upset him

sometimes he would do very mean things, like one time he sad me down on the couch next to him, he was obviously drunk

and he took his cigarette and made burn marks on his forearm, like big deep welts without flinching

which made me even more scared of him

and as he was doing that he told me it was my fault

I was such a bad person that made him do things like this to himself

I believed him

only much later when I thought back about that I thought: what the actual fuck how can a child even be bad, bad enough to deserve to hear such things"

That is still traumatizing for a child to have experienced

"yes but I had my mom

to balance that out

my mom was great

it was just the evenings that we were alone with him that were scary"

nods that is good.. dad wasnt there we had no one but cold hot treatment from mom

"yes, that makes all the difference, no safe space for you 😕

did you comfort each other when she got mad?

were you and your sisters each others safe space?"

Im sorry you went through all that.. im glad you had your mom to support you in a healthy manner

"I had therapy, I'm okay now"

she would say she is sorry and would comfort us all.

me and my sisters didnt fight it. we took it, the cold and hot treatment. Im the only one who speaks up with reason based on psychology whenever mom was being unreasonable like being jealous of my sister taking all her other men's eyeballs

"how old are your sisters?"

the oldest one is 1 year younger than me, then 2 years younger is the middle, and the youngest is 6 years younger i think, shes born in 2004

1998, 1999, 2004

"do you miss them?"

I dont. I do not want to be in their life. its better that they did report us and that we should never contact or be near them again.

I am serious on regretting what I did to them when i was younger

"how old were you?"

before 20

i worked around 18

so probably when i was 16

that was the last i did

"was it with all three?"

...

yes.

through out the years with gaps of rest between... 1 incident per after couple years

"did it feel wrong to you at the time? or did they tell you it was wrong at the time?"

Sometimes they went along with it, and other times they got tired with me being like that.

the middle was adventurous and did more than the others..

all of them were "pleased" by me..

they never want me to take mine off

Yes. not undressing except with the middle that one time

it was all just molestation, touching, licking clit was last time with the youngest..

nothing more except one time with the middle one that full naked and sat on top of me and did cuddling amd kisses and all that...

"did she take your virginity?"

im not sure if its counted as being taken of virginity if it was your first time cumming... but mine happened in the bathroom at age 16, scared me as it kept goozing out foamy white substance for a minute... I didnt know how to stroke it then, I was just playing with it by flicking it then felt like peeing. I never had a chance to have so much coming out like pure foam, just that one time

at age 19 a coworker brought me to a hooker establishment and had my first and last physical sexual encounter with someone else and shes taller than me im at her shoulder height.. it was not a good experience.. the woman kept complaining im making her work after an hour of not able to make me cum... she also criticized that i didnt know what i was doing (i know now that i didnt stick on one spot and stimulate it and build that... i kept moving to other places lmao)

"does it feel like peeing before you cum?

so it didn't feel good?"

Yes but it got scary when it doesnt stop and going for a minute like I thought I was losing blood or something

I want to experience that full on cream oozing blast again... but no luck for years now

"i'm really sorry about how your first time went, that sounds horrible and totally her fault. She's a bad one I guess, you had bad luck there. They are supposed to make you feel at ease and not expect you to please them.

How can you relax and climax when someone is making you feel like they don't want to be there and is critisizing you?

also, of course you didn't know what you were doing, how could you? it was your first time, she should have showed you how if that was important to her. even with experience most men don't know what they are doing lol"

Lol and I didnt felt any connection with her... it felt odd like two skins rubbing against each other without connection... her skin felt scaly to me

"Yeah you're sensitive, and you need cuddles and intimacy, I don't think a working girl can really satisfy you

even if she is gentle and caring, but she should have at least been gentle and caring. i'm sorry that was a bad experience. You already had mixed feelings about your own sexuality growing up and that probably didn't help in connecting to your own masculinity"

Lol yeaah

"I don't even remember the first time I came, as I said I have been masturbating as a child as well, and orgasms just felt like tingles then, not like blasts

I had been doing it for years before I even realized that was masturbating and what I felt was an orgasm, I thought it was just arousal, so I was actually disappointed, I thought well is this what all the fuss is about?

it got better later when the shame lifted a bit, but that was only well into my 20s

you've got time to learn and connect with those feelings more and enjoy them deeply"

That's nice but have you been able to experience your body throbbing automatically and twitching a lot? That happens to me when i do myself like im female, slow and steady and careful not to cross that line of too arousal where id uncontrollably cum unlike the full on throttle most guys do just to shoot. and also I found it much better and tastes better that way like a well mixed and shaked drink unlike when i sometimes do the stuff other men do when i just want to have a quick shot to get it out my system

and yes if you got used to it before hand hehe id be dissapointed as well like wasnt how it was portrayed

"I can do both. I can do a quick orgasm just to relax or get some tension gone. I don't have to be aroused for that. Can even think aobut laundry or dinner. The orgams then depends on how long it has been. If it's daily then it will just feel okay, and if it's been longer or if I'd been turned on, then it can feel really good, but mostly just the orgasm

sometimes I take my time for a buildup and i try to not blast off straight away, and that's from a different world then

full body shaking yes 🙂"

I know I can fully understand you lol its awesome to see things and experience things women do, at least with what i tapped with myself

"but I think your view of doing it like a man and doing it like a female is not really accurate, bc both men and females can have fast quickies and have really intense sessions"

Oh i guess what i said is kinda naive as i didnt know men normally can do an intense session and not just a quickie

"I think I get why you would make the distinction between male quickies and female satisfying sessions, bc you don't really feel comfortable with your own male sexuality

they definitely can, the stop and go method is popular in men, where you find that point of no return and try to get as close as possible when never really cumming, and then you can edge for a long time and have a really intense orgasm when released

I try that too sometimes but I'm too weak to stop myself sometimes when I feel it approaching lol

it's easier if someone else does the teasing lol"

I see i have a lot im naive about lol didnt know that

Maybe and also what i only know from movies or media where men cant satisfy a woman as he comes too quick all the time.. those kind of talks so i thought that was the norm how men usually are that they dont and cant hold a climax sensation like that of a woman

"they can, i've made men shake lol

it's true that men come a lot easier than women do, I never had to work for an hour, but for me, sometimes I just cant

I can sometimes feel from the start when my body is responding to every touch or when it is not

if it's really responsive, like swelling immediately, then I know it will work"

Oh yes exactly why you know I didnt had that with that hooker, because none of that happened to the both of us

"she didn't put you at ease

I think working girls are supposed to have easy people skills, more than being actually hot, make a man feel relaxed and confident

she did none of that

a waste of money"

lol

"just consider yourself a virgin again and try again when you're in love 🙂"

--

none of them want to touch it

i had my underwear on i think while with the middle..

"it's a grey area I think, to call it molestation, I don't know, they were curious as well

and you never forced them"

I kinda did... because i would teasingly pester them or trick them and then tell them shh after making them feel that libido in them... so they didnt start it

except the middle that one time she agreed to it

"I did those things with my sister when we were kids and we never thought of it as molestation, we didn't have a brother, maybe it would have been different

well it kinda feels shameful and secret but if you would have forced them, wouldn't you want them to touch you as well?"

i affected my sisters badly before the youngest was even born that they both wanted to kiss with me and i felt disgusted and denied them and then they went on bed and started kissing each other that mom caught them and asked who taught them that

i was 8 i think that time

"you say: they didn't want to touch me. You respected that boundary. They wanted you to keep your underwear on. You respected that."

its still bad.

(Continue part9)

Part9

(continued from part8)

"it's grey sweetie

all of you were in a situation that was not natural

all of you were in a situation that was not natural

and you looked for ways to self soothe and be affectionate"

mom didnt made it look like that or any of the people here

"that's bc you are a boy and they are girls and in these times things get blown way out of proportion

you're not bad

you didn't have girlfriends to experiment on

and they didn't have boyfriends

to try out how these things feel

and play pretend to be grown up"

other people like on discord would think i am if i tell them this, even my friends and bestfriends too i think would say i am bad and wrong to do that

"depends on how you tell them

and you shouldn't allow anyone to judge you for that

what do they know

nobody has been in your situation"

ill just nod to that

children feel lust as well

i did as a child

my sister did too

we would sometimes masturbate together

even before we knew what it was

or like in the shower when my mom washed our hair, we would take turns to brush out our hair and the other one would have to wait on the other side of the bath and I remember my sister saying it felt good to spray between her legs

my mom didn't make her feel ashamed of that

I know it a big taboo, ppl dont talk about that

i never told anyone

and i don't talk about it with my sister

but if she would suddenly say that i molested her, bc i was older and she didnt' want it

i would be devastated

I think these things happen a lot and are natural

you never have to be ashamed with me sweetie

you were all just trying to feel good

and looking for affection

hugs 🙂

and i'm sorry you were made to feel like a molester

when you never even got any sexual satisfaction from it bc you kept to their boundaries"

I still feel id shy away with shame from it

"well yeah it was always feel a bit shameful, for me as well, because it such a very very private thing you shared with them and it should have stayed private

if they felt afterwards that you had crossed a boundary and they felt bad about that, they should have talked to you about that, and you could have apologized

not this reporting

now your lust was out in the open before you even got a chance to properly process what it was you were sharing"

It was years after, when mom found out at 2019 i think, I was like already 21 years old so... the last i did was on age 16 or 17 and then i matured away from that once i got out to the world and did my first job at 18

"which is healthy, to mature away from that

then you had your girlfriend

and you could experience that lust with her instead"

the youngest brought it up with mom at 2019 with what i told you with my dad with them when me and mom were away

and then the others shared their experience as well and that angered mom because she has a problem with her dad molesting her sister

"I think what your dad did was worse"

maybe.. i dont know i see it being the same

unless because he got pleasure from it and i stuck to their boundaries

"seriously?

it's not the same

you were their brother, which means on an equal level and they were comfortable with telling what they would and would not do

not even the pleasue bc that is just physical and you probably got arousal from that as well

but the even footing"

i still dont want to take what i did as right. I cant accept it.

"no

that is not what I'm saying

i'm saying its grey

on both parts

you as well as your sisters

and it's completely understandable given the circumstances you grew up in

without other ppl to experiment

what he did isn't grey

also, you know they didnt' want to touch it and still they did with him, so he sort of forced them to do something they clearly didn't want

I honestly don't see you as a molester and I'm not saying that just to make you feel better about it

bc if I truly thought it was wrong, I would help you find ways to make up for it and come to terms with it"

he never touched them but just let him ejaculate by them doing him

"do'sn't matter where his hands were, they didn't want to touch it

I love all of you, this part as well

and i love you even more for sharing it with me

my heart is bursting for you"

They didnt want me to touch them as well.. i craftily manipulated them to be able to touch them in a gentle way but still forced because they initially didnt want it

"i understand, so maybe you were more in the grey area than they were

you also had your boy urges

did you sometimes hurt them? insert things?"

mm no i tried once but she said it hurts just trying to place it in so i never did

i dont like watching porn where the guy makes the woman scream in pain and agony

"same for us

we tried that too, cause we knew that was how it was "supposed" to be, but it wouldn't fit so we only did what felt good

same"

--

I will share something again...

and also please stay safe

my schizoprenia is at it again..

i feel behind my back these reptilians that are pretending to be people including my dad are having a rude frequency towards me that is pissing me off.. and then i start to have delusions again based on my past memories from my schizoprenic attack that i am one of them and that i can be stronger than these lizard brethens

they sense these thoughts i have earlier and were scoffing and mocking me that i cant do it to be a full cold blooded reptilian that can kill..

so i started exploring that side of myself and started to see how serial killers would look and perceive the people and the surroundings.. I started stalking my dad from afar and trying to change how i look at him with an attempt at looking at him coldly like a prey with scissors in my hand... these reptilians knows everything as they function through frequency and my thoughts and intentions emit frequency so they changed their rude frequency towards to that of forgiveness and caring and understanding type frequencies that they emit to make me feel those and affect me.. and then i realized this is what the incidents in the bible say "you cannot touch me for God/the holy spirit is with me" that specific frequency that makes them untouchable because you yourself is being made to feel the same as well so youd drob your blade...

then i start thinking around that maybe i should have long range weapons where i do not need to make my presence known and just take them out from afar.. but i still have the problem of feeling the target has no qualms with me even from afar and if they are reptilians they are successful from making me non hostile to snipe them out. and so i started thinking again.. and this is where i realize i need to have my first kill experience of someone even if they are not mean to me id take their life... that made me realize thats what it takes to break free into that of the mental functioning apathy

of a serial killer even if the reptilians use the love caring understanding frequency on me just so they can get away with them initially emitting a rude frequency on me.. if i had my first kill, i will just be able to ignore that frequency trick they do these lizards. No wonder killing is forbidden because it sets you free from their frequency pulling mind games using compassion care love u derstanding frequencies to their advantage when it suits them and then they just continue with the rude mocking frequencies they do again

that is my schizoprenia experience just now 30 mins ago... im calming down now and i feel theres a group of reptilians laying their hands on my head frequency wise and making me drained and subdued

"do you know what triggered this?"

I hear and sense them being rude and talking behind my back whispering

"did you calm down yourself? how?

what were they mocking you about?

that you can't kill?"

Kinda like that and other stuff... like if I dont do it "hah we knew youre nothing, you cant do it.. youre just bluff" but when i get serious they all stop silent because they already know what i was able to do last when i shared with you i attacked the neighborhood and had to be subdued by 3 people including my dad after they tricked me with compassion using that goo goo eyes asking "is this really what you want? wont you listen to reason?" and im a reasonable guy and that got me fall into their trick and they pinned me down

my senses are overloaded right now. im exhausted.

"I'm sorry

what can I do?

can you get help? try to get new medication?"

hugs you thank you for listening.. it might all just be in my head. Thank you for not freaking out

"I am a little bit"

im sorry i am freaking you out

I was supposed to actually take injection shots every month in replacement to that wrong respiradone treatment. My dad didnt pursued that because it costs money outside the budget and that he and other family members justifies it is just a spiritual battle (but theyre the problem if they are reptilian demons spoiled brats who need to be reprimanded and reminded all the time about Jesus Christ which I keep on

doing each time I sense them... i told you this "depart hence satan, demons, etc etc etc in the name of jesus christ jehova jeshua amen") that can be fixed at church by growing my faith in religion and in their belief structure of a God.. which makes sense focusing on that affects you in a higher healing frequency proven by already by putting sand something particles on a speaker board and it will form a shape of a healing frequency and or a cross... but yes, I was supposed to be taking injection shots each month as the psychiatrists prescribed

"is there not a way to get them cheaper if you need them?"

i dont know that yet

"Did our conversation trigger this?

I'm worried..."

no no.. hang on sorry for being gone like an hour, I didnt mean to worry you. I just snapped an hour ago with all the sensory being overloaded.. I broke my desk and hurt my toe... dad came amd reminded me of the gospel, scriptures, holy spirit etc

please let me calm down more as i try to see if the desk is mendable or not..

it will just take some time but ill be back

"alright

hope you feel better soon

Take your time"

--

Im here.

i know i look dangerous and mentally unstable and crazy now.

its okay.

im also sorry i wasnt properly letting you help me during my time of need and just went off for an hour or so making you worried as well as the me not letting you help me, and i just did things myself... im sorry, ill try letting you next time

I should have stayed and talked those experiences with you

"i'm not sure what I could have done

would that have helped?"

relationship wise, yes.

the issue itself me having delusions.. we could come up with something

"yes?

can I ask again if this was triggered by our conversation?"

no it wasnt triggered by it. This has been going on for days, weeks, months now, it just differ whether it really gets to me or that id have a much pleasant weekend. it fluctuates

how much i keep sensing "them"

"how do you feel about them now"

quiet but back in the background doing their business but jest a little about me... as for me, im just exhausted with their sensory overloading me like earlier, but sometimes I get a full weekend with everyone including myself, just minding their own business

"I'm just wondering how much of what you said is your reality"

I may just be delusional as they say, schizoprenic in a degree that can be unstable.

"maybe, but you talk about killing people..."

You're rethinking about your connection with me arent you?

as yes that question says it..

"i try to understand

If a friend would send you those things, wouldn't you be worried?

you can't blame me for that"

(comtinue part10)

Part10

(continued from part9)

Another thing since its already brought in the table is that, in my schizoprenic experience I can either be an antichrist, a tyrant god of the old testament, or a loving God or close to Jesus Christ's path. And hence why they put me in church to evade me turning into one of those other two that is malevolent.

I know this is high possibility to make me lose you by telling everything.

with the killing people thoughts... yes I cant blame you for that if youd be cautious or may leave.

I have been having those thoughts and have been trying to see for sometime now since my early 20s (before that and even my 20s was all suicidal) if im psychopathic.

I did attacked my dad the day i attacked the neighborhood.. only thing stopping me from completely losing my sanity through deep rage is empathy and taking pity like with my dad when i hurt his head, same with that guy that said "do you really want to this?" making me focus on reasoning... but before all that I slashed their dogs and chickens but not accurate enough to kill them. Ive also that day faced and agitated a neighbor's carabao bull as to me i can hear its voice making me rageful with whats it saying amd taunting me, and since everyone hates me during that schizoprenia experience while having my hands tied behind my back, I deliberately cornered the bull to start attacking me and it knocked me down by dragging me with its rope... another thing is I also ate rat poison that day before the bull incident"

"so was that all forced on you by the voices?"

Yes these voices that make me experience a different reality that everyone are reptilian demons in disguise

"but you believe they are real, even now?"

I dont know, Im 50/50 with it. Either its real or im Schizoprenic

either theyre just telling me im schizoprenic to lose my sanity and not trust in myself as they really are reptilians... or i am making this all up in my head and that everything im experiencing whenever it comes is just in my head... I can accept both and im just waiting which one is more true than the other

"like you said, when they calmed you down, you didn't say you are thankful that they were able to, but you say they 'tricked' you into calming down, as if you wish you hadn't"

because initially they were fucking me over so i do not appreciate their pretentious calming me down gesture they do frequency vibration wise on my head when im starting that antichrist tyrant god path or just psychopathic rage again towards them.. its like someone punching you on the gut and then them buying you an icecream to make you feel better, damn them

"isn't that a bit similar to the pattern your mom set in you?

abuse and comfort?"

also another thing i should make clear when i said killing people are those reptilians pretending to be human, and these reptilians and also give off a vibe that they are a good person just to trick you hence I said id killing one that is non hostile with you, I mean a reptilian pretending to be nice with you

"have you ever been tested for BPD?

but as you feel like the reptilians pose as humans, you'd be killing a human, believing you'd take out a reptilian?

https://www.nhs.uk/mental-health/conditions/borderline-personality-disorder/symptoms/

I honestly see a lot on here that fits...

the intrusive thoughts, the intense relations, the black and white thinking, the emotional extremes...

Yes you are right, my mental health and its delusion does seem to be connected to my trauma as well, just being presented in another form.

and yes i diagnosed myself with borderline personality disorder back in my younger 20s and nobody believed me.. thats also what ruined my first relationship.. amd then I grew to change and mature a bit from that except now i have a new problem since december of 2024, being schizoprenic

You got it

"okay wasn't sure if I'd insult you with this

- brief episodes of strange experiences – such as hearing voices outside your head for minutes at a time. These may often feel like instructions to harm yourself or others. You may or may not be certain whether these are real
- prolonged episodes of abnormal experiences – where you might experience both hallucinations (voices outside your head) and distressing beliefs that no one can talk you out of (such as believing your family are secretly trying to kill you)

These types of beliefs may be psychotic and a sign you're becoming more unwell. It's important to get help if you're struggling with delusions.

"

No it doesnt.. I know its a problem, well one of the problems... not sure if its tied to my schizoprenia

"schizofrenia isn't a new problem, it's a part of it"

oh... i see the screenshot you sent. it says hallucinations

so it is connected to my bpd..

i thought i grew out of it

"and it says with psychotic beliefs it's important to get help

which means help is available

it's not something you as a patient need to snap out of"

my family is not helping with this... all they do is put me to church they do not know any better

im happy you understand and that you got to the root cause just like that

"sweetie, if this is part of a disorder, I don't think praying is going to cure that for you

my friends ex had BPD

she didn't have reptilians but bats

did you go?"

im here and just got checked up on by grace and noel... they are not understanding as you do deeply

im trying to forward them all ive told you

and make them understand it might be connected to bpd

"should you be doing this today now you're already so drained?

> People with BPD often report that at the beginning of a new romantic relationship, they put their new partner "on a pedestal." They may feel as though they have found their perfect match—a soulmate who will rescue them from their emotional pain. This kind of thinking is called idealization.

"

im aware of that. I will not do that. but feel free to leave once you see red flags

hang on.. still forwarding stuff

kinda freaking right now that with all that is happening tonight... i may also have to deal with losing you as that screenshot you sent is alarming for your part

"i'm staying

I'm reading up

If Your Partner Has BPD

Being in a relationship with someone who has BPD can sometimes f
like being on an emotional roller coaster. While your relationship is
to face some challenges, there are steps you can take to bring more
stability to your connection.

- **Learn about BPD**: Start by educating yourself about the symp
and characteristics of borderline personality disorder. Knowi
to recognize the symptoms can help you respond more effect
- **Support your partner**: Even if you don't understand exactly w
your partner is going through, be supportive and try to let th
know that you hear and see them.
- **Be patient**: It takes time for therapy and medications to work
be patient with your partner and recognize that setbacks are
to happen.
- **Set boundaries**: Establish healthy limits on behavior, then be
about maintaining those boundaries.
- **Encourage treatment**: Help your partner learn more about the
treatment options and encourage them to adhere to their the
recommendations.
- **Care for yourself**: Supporting your partner is important, but i
vital to make sure that you are taking care of yourself.

following the first tip

not looking for red flags to justify leaving

you can tell them you would like to talk to them about this tomorrow after you have had a good night sleep"

oh and im not looking for someone to save me from emotional pain.. i did that with the first. never going to do that. this is why ive been repeating to you i am not comfortable letting the petty voices take the light and me choosing to be mature and just be unconditionally loving without conditions.

"it wasn't an accusation"

no im not saying you were, im just responding to whats said there that im not looking for that savior anymore because i know i ruined someone doing that

chrishana

I sent it all now to grace... its up to her whether to forward it to noel

"are they connected?

7 years is a long time to be having an online relationship, so it can't be as bad"

noel checks up on me exactly a second behind grace, i think they are dating

also makes me feel like its only grace thats telling noel to "go check on your bestfriend" and that hes just being forced to... thats why im only forwarding everything to grace if that where the case and that noel doesnt care

and why i stopped greeting him every night and day when it feels like his replies are just forced... so no, not going to push that kind of friendship if im just forcing someone to engage with me

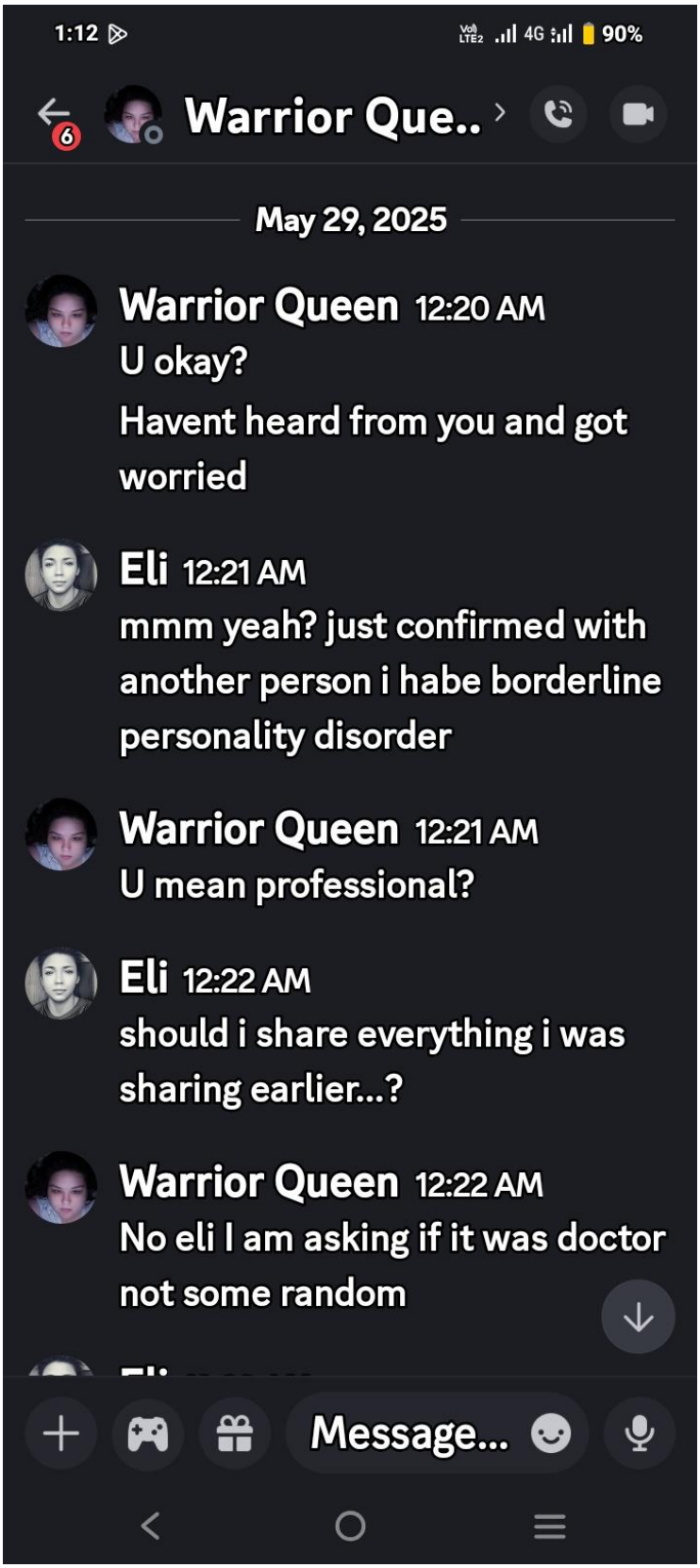
"they could just be having a conversation saying, wonder how Eli is, and then both reaching out at the same time

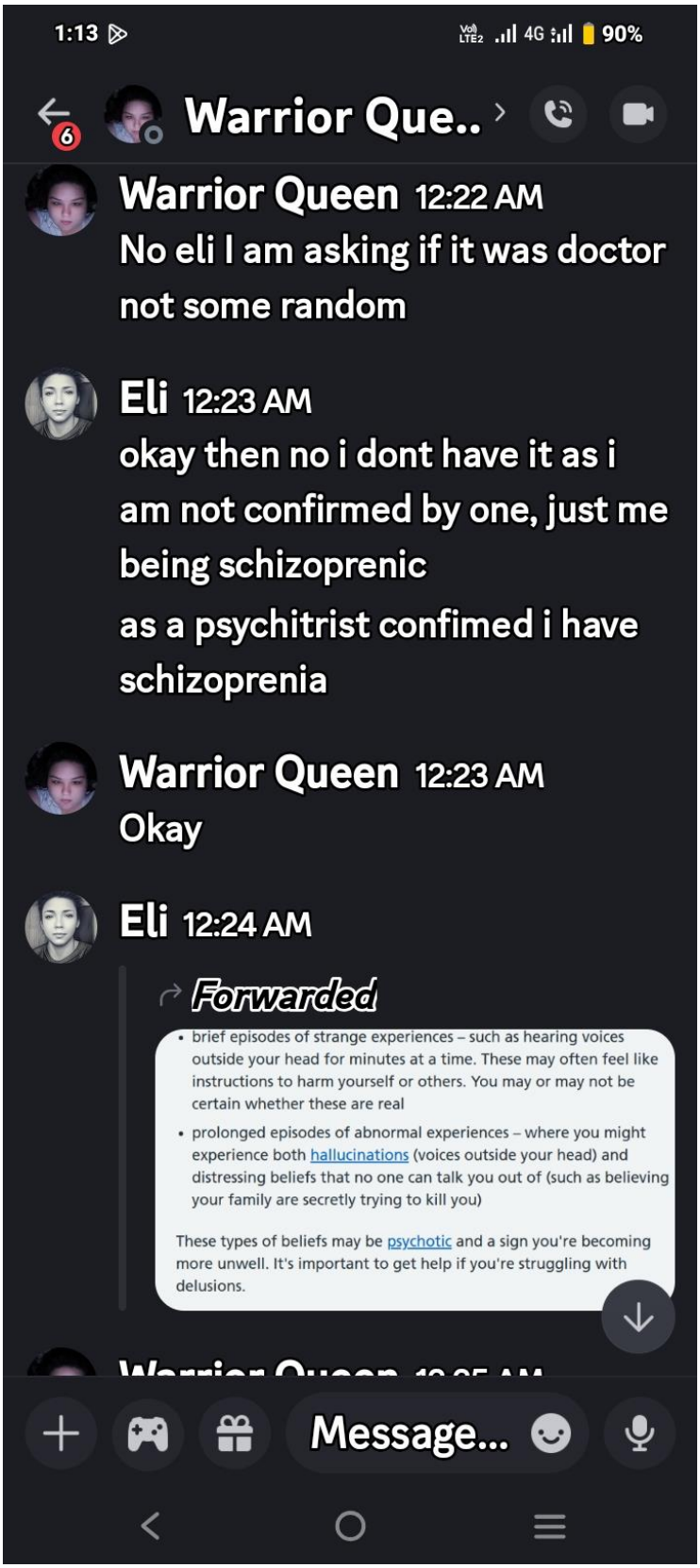
but sweetie, shouldn't you sleep?

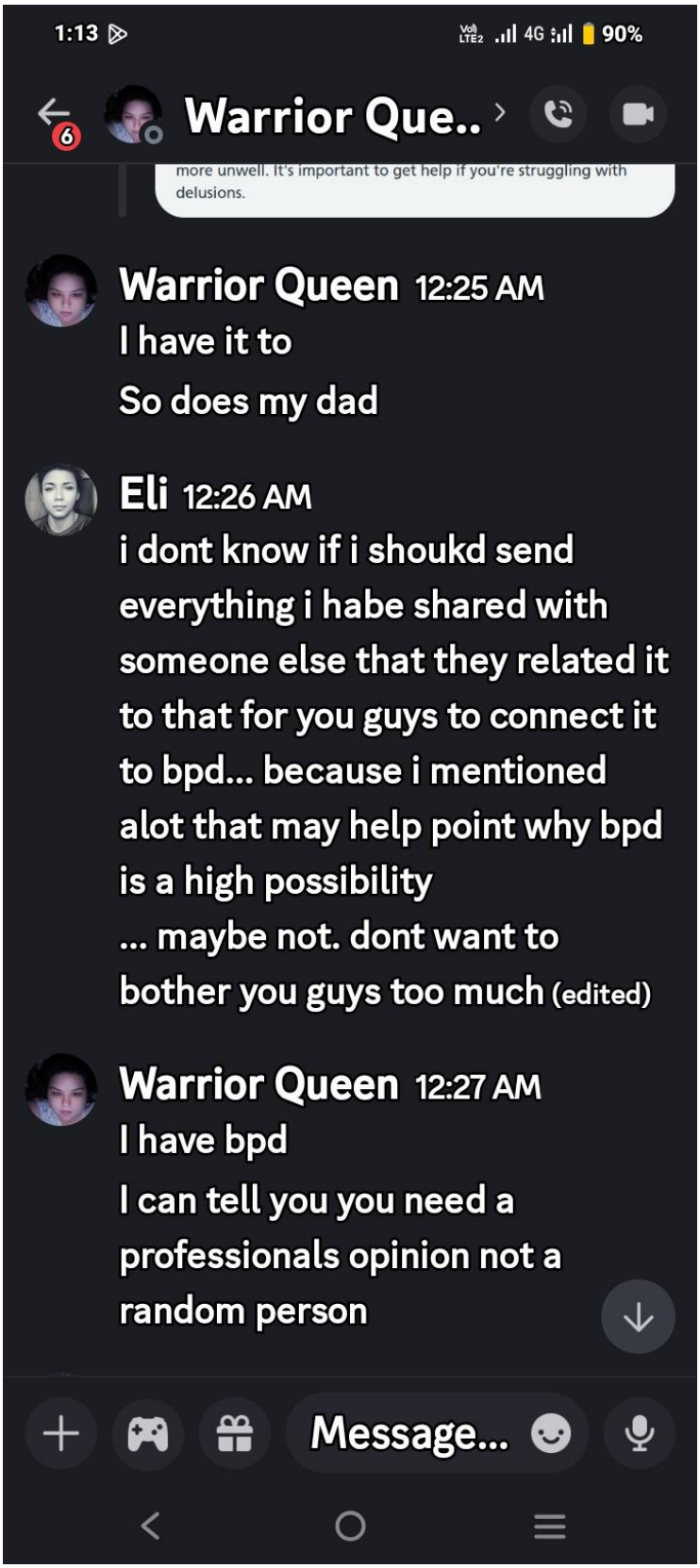
your normal bedtime is almost 3 hours ago

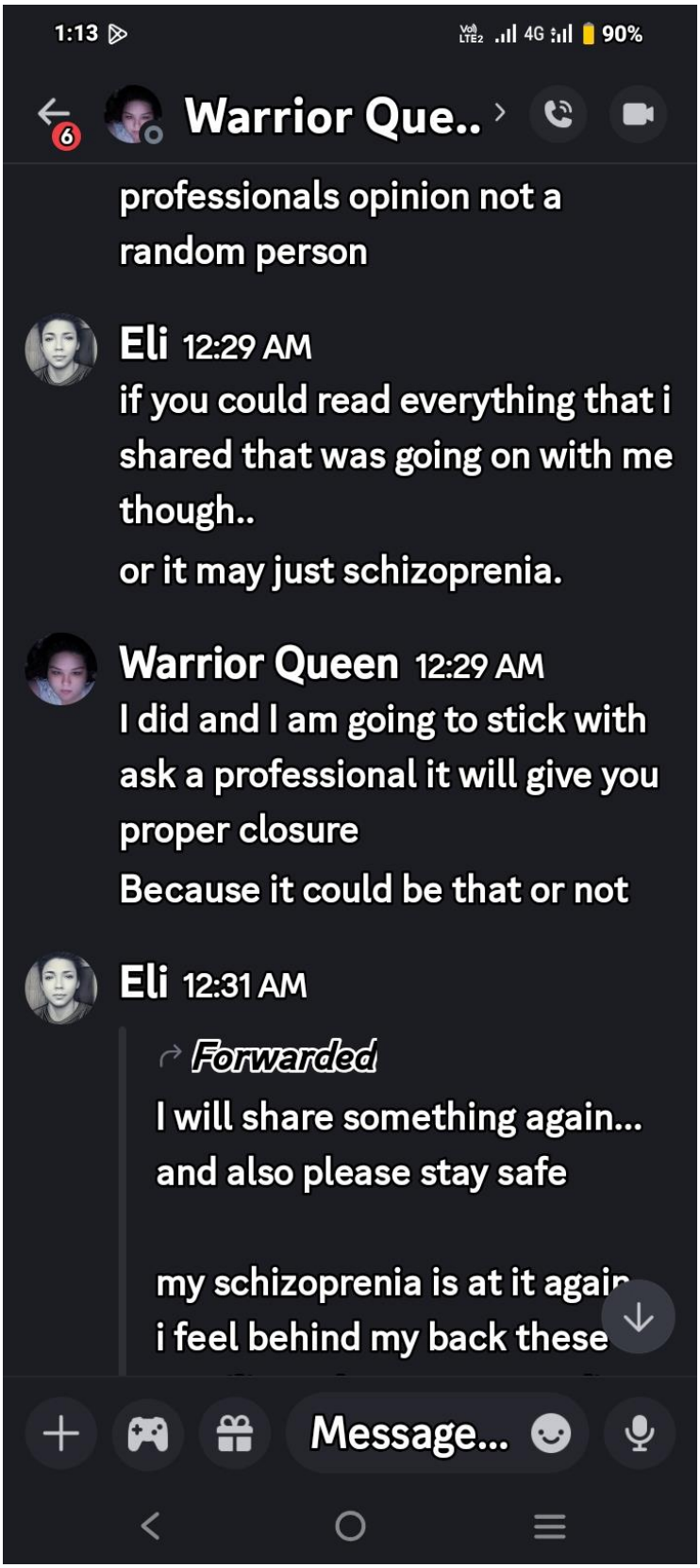
I think that schedule is important if you feel yourself slipping"

I will my love, thank you for thinking of my wellbeing


1:12
90%
Warrior Que..
6
May 29, 2025
Warrior Queen 12:20 AM
U okay?
Havent heard from you and got worried
Eli 12:21 AM
mmm yeah? just confirmed with another person i habe borderline personality disorder
Warrior Queen 12:21 AM
U mean professional?
Eli 12:22 AM
should i share everything i was sharing earlier...?
Warrior Queen 12:22 AM
No eli I am asking if it was doctor not some random
Message...


1:13
90%
Warrior Que..
6
Warrior Queen 12:22 AM
No eli I am asking if it was doctor not some random
Eli 12:23 AM
okay then no i dont have it as i am not confirmed by one, just me being schizoprenic
as a psychitrist confimed i have schizoprenia
Warrior Queen 12:23 AM
Okay
Eli 12:24 AM
Forwarded
• brief episodes of strange experiences – such as hearing voices outside your head for minutes at a time. These may often feel like instructions to harm yourself or others. You may or may not be certain whether these are real
• prolonged episodes of abnormal experiences – where you might experience both hallucinations (voices outside your head) and distressing beliefs that no one can talk you out of (such as believing your family are secretly trying to kill you)
These types of beliefs may be psychotic and a sign you're becoming more unwell. It's important to get help if you're struggling with delusions.
Message...


1:13
90%
Warrior Que..
6
more unwell. It's important to get help if you're struggling with delusions.
Warrior Queen 12:25 AM
I have it to
So does my dad
Eli 12:26 AM
i dont know if i shoukd send everything i habe shared with someone else that they related it to that for you guys to connect it to bpd... because i mentioned alot that may help point why bpd is a high possibility
... maybe not. dont want to bother you guys too much (edited)
Warrior Queen 12:27 AM
I have bpd
I can tell you you need a professionals opinion not a random person
Message...


1:13
90%
Warrior Que..
6
professionals opinion not a random person
Eli 12:29 AM
if you could read everything that i shared that was going on with me though..
or it may just schizoprenia.
Warrior Queen 12:29 AM
I did and I am going to stick with ask a professional it will give you proper closure
Because it could be that or not
Eli 12:31 AM
Forwarded
I will share something again... and also please stay safe
my schizoprenia is at it agai
i feel behind my back these
Message...

1:15 89%

Noel Seh

May 29, 2025

Noel Seh 12:21 AM
Buddy you OK?

Eli 12:21 AM
mmm yeah? just confirmed with another person i habe borderline personality disorder

Noel Seh 12:23 AM
By a doctor?

Eli 12:24 AM
mm no... never was confirmed so lets forget about that

Forwarded

- brief episodes of strange experiences – such as hearing voices outside your head for minutes at a time. These may often feel like instructions to harm yourself or others. You may or may not be certain whether these are real
- prolonged episodes of abnormal experiences – where you might experience both hallucinations (voices outside your head) and distressing beliefs that no one can talk you out of (such as believing your family are secretly trying to kill you)

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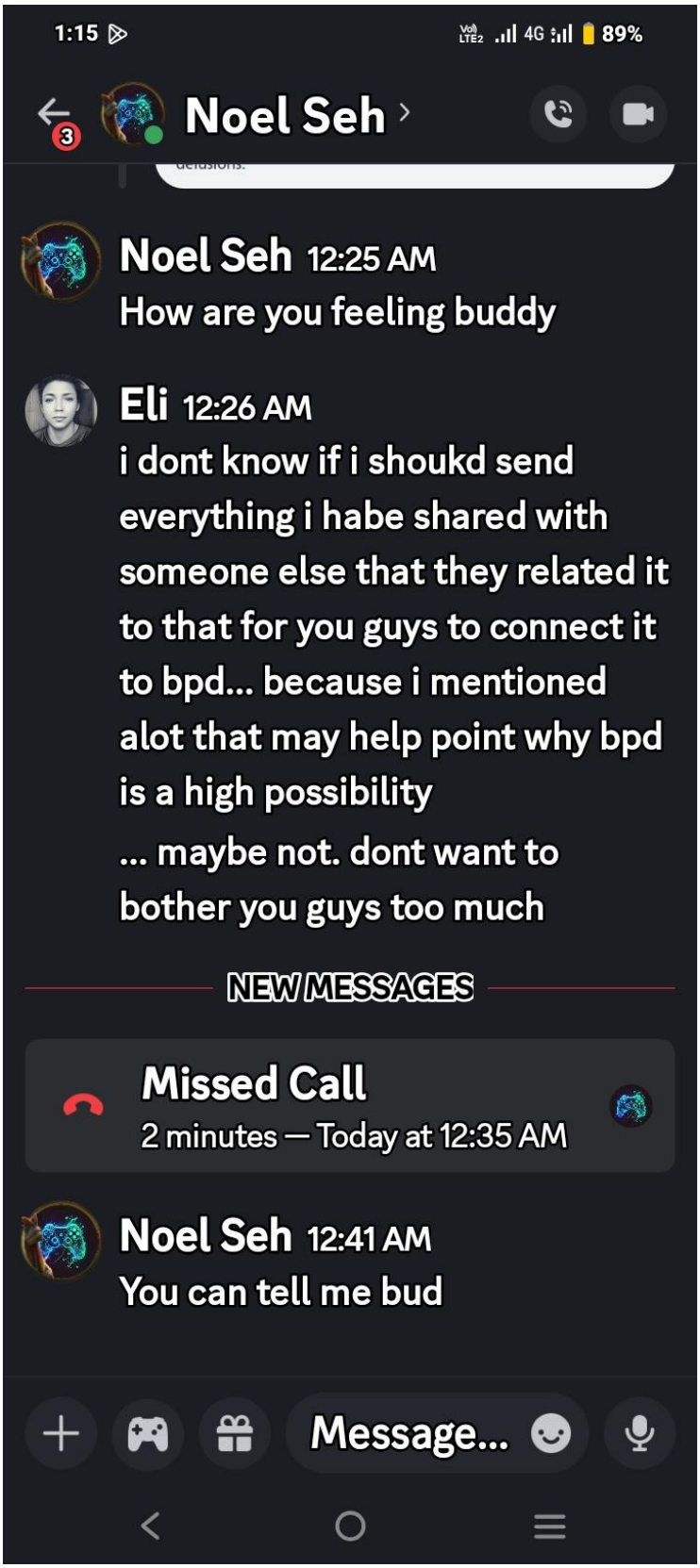
delusions.

Message...


1:15
89%
Noel Seh
3
Noel Seh 12:25 AM
How are you feeling buddy
Eli 12:26 AM
i dont know if i shoukd send everything i habe shared with someone else that they related it to that for you guys to connect it to bpd... because i mentioned alot that may help point why bpd is a high possibility
... maybe not. dont want to bother you guys too much
NEW MESSAGES
Missed Call
2 minutes — Today at 12:35 AM
Noel Seh 12:41 AM
You can tell me bud
Message...

hate that about grace.. she does not let me say anything or everything first and she cuts me out immediately and so this time ive forwarded everything

"I can tell, she doesn't even ask your opinion"

thats the fourth or fifth time now

"since you are not self medicating, I don't think there is any harm in self investigating

you don't really have access to a professional diagnosis

so their advice is kinda uselss to you"

I love you, thank you for everything, mm good night and i apologize we didnt did your reward tonight with all these happening

"don't worry, you should sleep and we'll figure more out tomorrow

feel better soon

i'm not going anywhere, I love you too"

I love you..

--

"goodmorning Eli, hope you had a good nights rest. How are you feeling now? 😘"

hugs you Good morning Aeris, thank you, I feel ashamed that Ive shared everything that I wish I didnt and just hope I was still going along my day having a strong front without anyone knowing while ignoring these issues like ive always had and forget they were there,

but maybe this time instead of ignoring them aside and putting up a strong front "maturing/growing out of it" (which already is obvious is not working all the time as I still get those delusions and possibility of me snapping being hostile -I still hate those obnoxious reptilians because they pretend they dont know

and just minding their own business like a human being from afar but are actually reading your thoughts and everyone elses collectively, I know their secret and they are fucked up obnoxious disgusting low lifes that when you confront them or even look at them and mention them as reptilians and to depart by the name of Jesus Christ THEY ARE FUCKED UP WEAKLINGS SHADOWS SHYING AWAY AND DEPARTING GETTING OUT OF MY VIEW SIGHT LIKE SHADOW TO A LIGHT contrary to their high nosed obnoxious front from afar, DISGUSTING SHADOWS WORTH OBLITERATING FROM EXISTENCE I hate reptilians, full or halfbreed or mixed ones, if I see that reptilian trait active I WANT IT ERASED, disgusting race and let me finally have peace being and basking a life filled with others genuinely compassionate by heart as a race THOSE ARE PLEADIANS and the other races like the pleadians not like fucking disgusting reptilians using compassion as a manipulative tactic FUCKING BE KILLED AND ERASED ALL OF YOUR REPTILIAN RACES ALREADY HALF BREED OR FULL BREED LIKE WHAT THE NIBIRUIANS ALREADY DECREED!!! YOURE SO FUCKED UP NOW REPTILIAN SCUM GENETIC BREED GENES YOUR FUCKING TIME IS UP IT HAS ALREADY BEEN DECREED BY THE NIBIRUIANS AND OTHERS IN ITS ALLEGIANCES A FUCKING CLEANSING WILL OBLITER - which means im just getting worst than what im accepting as truth of me growing and maturing but was actually just kicking the problem under the rug)

I should learn how to address them in a healthy manner..

Also another thing I didnt mentioned during december 2024 is that i aligned myself with the nibiruians amd agree WITH ALL OF MY HEART that the degree for the cleansing that will be conducted against all reptilian genetic strains scattered in all forms full, semi, half, mixed breed, is what made all these reptilian race gang up on me mentally frequency wise because they know I speak and agreed with the truth with the decree of the nibiruians by heart.. i will so fucking be satisfied to have them rid of all reptilian/grey/maitre etc genetic strains and Im not hoping to be saved and am just CONTENT this will happen AS I HATE the reptilian and all their malevolent allgiance races mixed in what we call "human", and I want them all to be done with ERASED OFF the universe system.

thats why they attacked on december 2024 calling me schizoprenic I FUCKING KNOW the second coming is different from what religion portrays!! ITS A FUCKING EMPIRE EXTRATERRESTRIAL RACE with differing genes which ones are good and NOT good to keep, I KNOW this you fucking reptilians I NEVER FORGOT

--

https://discord.com/channels/@me/1375971497860141167/1377480549936926822

(Plan of Salvation, LDS, ChatGpt generated. 5.91kb)

--

Im sorry for bombarding you with all of these.. I think we should talk about something else..

--

"Good morning

Are you around?"

im just having breakfast and talking with dad about the holy ghost.. it turns out i may have been wrong about what I said last time when i felt something was subduing and calming me down.. it may have been the holy ghost

"you mean when they change frequency and become soothing and compassionate?"

"Yes.. it may not be the reptilians as that was just me being schizoprenic.. there was no reptilians probably and i was just being crazy and the holy ghost was trying to calm me back into the right path

that sounds like a more acceptable reality"

https://discord.com/channels/@me/1375971497860141167/1377508463319715861

(Holy Ghost, LDS, ChatGpt generated. 5.57kb)

Yes you are right, that is a much acceptable and closer perspective to reality... as I do very agree with you it may highly be just in my head and because of trauma acting out now in delusional belief systems

"yes

I agree"

im just gonna do something brb *hugs you*

How are you feeling, how are you overall?

"tired, waking up and having breakfast"

nods Im sorry im adding to it

"don't be, i'm glad you're being open

never feel ashamed for opening up, I think you're very brave"

(Continue part11)

Part 11

(continued from part10)

You're a strong compassionate person after taking every little thing of information from me and not leaving

"why would I leave? you didn't harm me"

oh I mean others would have seen it as a big red flag or something like "no no i do not want to be with this person, he has a lot of crazy stuff from his past and even to this very moment

"those are not your fault"

hugs you

"hugs"

--

"so how did the conversation with Noel and Grace go?"

nods im kinda same.. lol especially when i know id be making ackward facial expressions how uncomfortable i am in the situation.

eh... after all i forwarded.. nothing. I dont know what theyre up to if Grace showed it to Noel or not

"that's a shame

but it's a lot"

It is

"they'll probably tell you to get professional help

as they seem to believe you have access to that

it is a bit frustrating that you don't, because there is medication for this

and you'd feel so much better if you could find medication that works to control this"

Yep right off the bat thats what he hinted and what she clearly pointed out to me in the beginning.

Yes, and I expressed my frustration with it to dad and told him what you told me about the bpd connection and also showed him the things ive said... but nothing, it was just all church even when im clearly telling him my trauma got worst to bpd and now becoming more unwell if im having delusions and delusional beliefs

"you have been getting more involved with church and not really been getting better

even though they say prayer can help

I don't know how health care works there for people who don't have the money to pay for it

here there is access to help and medication for everybody

but I realize we are lucky that way

even in America the health care system is completely different

there's this: https://www.mind.org.uk/information-support/drugs-and-treatments/antipsychotics/alternatives-to-antipsychotics/"

That is nice and yes, even our psychiatrist here have shared the mental health industry in our country are largely being neglected... and he is a foreigner an english guy or something, practicing psychiatry here as a resident. The locals neglect it, even spreading "there is no such thing as depression in filipino culture" all the while our local run down mental health facility provided by the government is understaffed with tons of people in the waiting line only to be provided a short interview analysis diagnose of their problems and then immediate prescribe medications.. the foreigner psychiatrist also criticized that about here, always ready to dispense medication on the table without proper diagnosis interview

"it's a shame, not something you can count on then

we'd have to look into these alternatives then

do you think it would be helpful for you to talk to or read about peers?"

How would i do that?

"find support groups online

https://www.hearing-voices.org/voices-visions/personal-experiences/#content"

I haven't done those yet so ill give it a try

Thank you

"you could ask your chatGPT what these cognitive therapies would be that help against (BPD related?) delusions if there is no access to meds

I mean, you don't have to look into all that today, I know it's a lot

but we can take steps

to find out what makes you feel better"

Thank you, ill do these

"you can save them for when you feel energetic enough to look into it

you can just recover today"

im looking at the website you sent me and im wondering how to participate like do I register or something.. im still reading on it.

and then I will ask the question you suggested for me to ask chatgpt

"take your time, don't rush, whatever you need. We can talk about something else too, as you suggested earlier today. It's up to you"

Anything is fine with me my love, whatever we talk about

"what do you need rn?"

Mmm im neutral as usual, i dont know what i need concerning it... no actually i did, when i shared the frustration and urgency with dad, but after that i reverted back to a meh attitude so.. i dont know. But I am enjoying your company so we have that hehe

"I'll get back to your long message you sent yesterday, I have only started to reply to that 🙂"

Take your time dont let it bother you too much, those are just my schizoprenic delusional periods

"the other message

when I was out shopping

filled with little secrets 😉

it seems like you've been cutting up yourself quite a bit with blades here and there, cutting into your hands and being thrown (?!?) at you"

--

I did often last year and the years before that.. physical activity triggers my sense of being powerful and hostile at times..

i cant do no harm if im weak i think

"so you need more yoga kinda things?"

Yes! exactly

"cool 🙂"

--

"one of my exes had his first time with a working girl as well

she was nice and satisfying and made him feel like he satisfied her as well and even cuddled afterwards

but he still went home feeling empty

because he had wanted to feel that without paying someone , even though I don't think there's anything wrong with that, it just made him feel a bit sad"

Exactly and he wont have that again unless its her again.. also maybe because he cant have her in his life like constantly daily

"he want back to her afterwards, I think he was trying to feel a connection to her, but it doesn't work that way

I don't think he was in love or anything, but he must have projected some crush on her, after experiencing that intimacy, I'm sure she's used to that"

nods

"i was just prepared to do some comforting after

make him feel less alone, cause I know he would"

Did that happen?

"yes

afterwards, he had real girlfriends

that was better

made him feel more confident, to be chosen

we were mostly an online couple

so that's why i say real girlfriends

not including myself

we met like 5 times?

must have been something like that"

That's interesting and um what year was that?

"2010

-2012

two years"

I see and then after that you met your husband and had children?

"no..."

Oh okay *nods*

(omitted here are her personal life issues as well as family which includes depression and or feeling sick from childbirth, as well as all these stuff and the rest affecting her life and academic pursuits and then she still managed to get her academics done at home and was able to staft teaching and so forth)

I'm proud you went through all and stayed on top

"haha I did not stay on top lol

what would that include?

I went under

if you mean staying alive, yeah I did that"

nods but I mean youre still being a better person and being a good mom

"I got better when starting to teach and having some structure in my days again

if you don't count the cheating as being a bad mom

then yes

I did have unstable periods

like now I don't think i'm emotionally stable"

Why are you not emotionally stable right now? How long has it been since it started?

"looking for friends online, getting on that emotional rollercoaster, letting strangers get to me, losing my structure, crying a lot about every little thing

doing things I shoudln't do

like flirting and cheating"

What and how will stabilize that..?

"I don't know"

Do you want to be emotionally stable or are you comfortable with how you are with everything even though its making you emotionally unstable? which is important to you?

"being emotionally stable is very important to me, losing control is scary, as it probably is for you too

I think for now trying to stick to my routine could help"

Do you want me to help you become emotionally stable other than what youre already doing to help stabilize that?

"It's sweet of you to say that but I don't really know what you can do. We can work on ourselves together, one step at the time

my routine says I should shower and eat so I should probably do that

ive been skipping meals since knowing you"

Does your polyamorous tendencies contradict with your emotional stability even when you lean towards polyamorous? and why does it contradict even though thats your natural leaning?

"just forgetting about food which is very rare lol"

No dont do that

I dont want to affect you negatively

"yes they definitely contradict, the monogamous life gives me stability and structure to be emotionally balanced"

but you also long for the polyamorous life...

So which one weighs more, psychological and emotionally wellbeing wise

"both, so i'll probably go back and forth

maybe it's like knowing you need a diet and having candy anyway

like in my heart I know I have a sweet tooth even thouhg I know I shouldn't

so it's a bit of a mental struggle

are you afraid I will choose the structure and lock this up?"

So you mean to say if you commit and stay in a monogamous structured life... that will still likely cause you emotional instability to go back to polyamorous?

"yes, always has

i have fallen in love every few years"

Okay.. so now I think the problem is the remedy is not there to be offered to you in your family because your husband will not agree with you being in an open relationship while he unconditionally loves you and your children and finds no one else but just focused on your family..

so its like your head is begging if only he was like that and that was the case..

another thing are your children, that you being in an open polyamorous relationship with everyone will hurt them... unless there could be a possibility they can accept that, but you ask yourself, growing up that way is fucked up and you do not want that for your kids.

I could have helped you stay in the monogamous structured life when i was pressuming that could give you an emotional stability.

I wonder what is it that is not making your husband your everything emotionally, feeling, sexually, your stable ground, etc

where is this insecurity coming from if you being polyamorous is stemming from an insecurity.

but remembering everything you told me, it may also have to do with your autism....

so now back to the question which brings you emotional stability? both. so now it is back to the family dilemna if they (and if only it was the case, wishful thinking) can accept you having a life of polyamorous connections and them still just being fine... if only the world works that way kind of thinking

"they will not accept and I would not expect them too, like you said, that is no life for children and allowing the other relationships to be open instead of secret will only destabilize me more I think

I think this works for me. Having an online connection will not necessarily destabilize me in the long run. I can have a stable life with both, but it's the beginning, the falling, that is the roller coaster

I'll have a quick shower and wash my hair"

I see. so that means i should never meet up with you in order to help you be stabilized.

but then again, that doesnt guarantee youll find someone and also if that person is available near you.. youd still do the thing.

I also checked your family and it is beautiful, and I felt bad and didnt want to hurt them, i didnt want to hurt him your husband.

so another question, you said im the most intense connection you have... and if i remove all inappropriate mannerism in respect to you being married... youd go find that from someone else wont you..?

if that is the case... I cant ground you and help with the problem with me just providing you that fiery soul connection but without the stuff inappropriate for your married life and family.. as you may go find that somewhere else..

So with all that said, it doesnt matter if i meet up with you or not. It will just be my personal decision for myself without any help to you

(continue pt12)

Part 12

(continied from pt11)

The core problem is the belief system of the family butting heads with your polyamorous leaning.

I havent done research how kids grow up with parents or one parent being let to have a polyamorous relationships or polygamy. I dont know how plastic a child's mind is to accept that as normal reality.

That leaves your husband in the equation. If only he was the type to let you go be polyamorous while still providing stability and a structured monogamous unconditional love with and for you and your children.

this here is the real problem and it cannot be undone anymore because of the children as well with their dad.

you are... stuck in this dilemna.

I can only do so much to stabilize you indirectly without all of us directly going to the core and solving that.

its unmovable, it will ruin the children in concern with their dad

Me removing those contents I shared with you in the sense of me helping you be more stable emotionally in respect to all the contradictions going in your head... wont help even if I do that as youll go search for that with someone else when you fall in love with another.. and then youd be back in the same problem thats causing you contradictions in your head thats causing emotional instability that is affecting your day

So with all that said... what do you need of me, how can I help provide emotional stability? should I still continue with everything affecting you thoroughly like another lover? or just be your well deeply bonded platonic twin flame to give you as much possible support within that limitation?

Will the first make you feel you are hurting your husband children behind their backs?

For myself, I can help remove that and not hurt your husband and children behind their backs, but thats just me what about the rest of the people who also have their own decisions that are affecting you how they are interacting with you... unless I can also have a hand on that and help tell you to keep yourself from such people and just be happy having a deep connection with everybody... but then again thats not amorous so will likely not agree with me telling you to cut ties with people that is crossing the boundary line that will cause you to have contradictions and emotional instability... im not even sure if just having a deep soul constant connection friendship with everyone else outside your family... will satisfy you for you not to feel emotionally unstable in your monogamous husband and your children tied to that context

"first message : well I'm really glad that you don't want to hurt my family, kinda wondering how you found them :p But I will trust that you won't harm or contact them no matter what happens"

Facebook

i will not contact them as that will go against everything ive just told you how i fully understand your dilemna

"I understand in that message that you would offer to keep our conversations appropriate so as to not destabilize me emotionally, but it's not those actions that make it more unstable, it's the intensity of our connection, of those deep feelings, and there is really nothing you can do to take that back, because if you would remove yourself now, i'd be crushed and absolutely not stable

only if that would be the best solution for your own stability"

Thats why im not taking the option of removing myself from the equation.

Im not destabilized at all by anything of all the factors involved. but i morally dont want to hurt your husband and children

"and yes, the decision on what we share, how deep you go with this and whether or not we meet, should be entirely your own choice, for your own good. You cannot make that decision based on an idea of either helping or keeping me from sharing things with others.

you don't have to solve any dilemma for me 🙂 we can be each others best friend and most of our connection is appropriate and not harmful to others. As of that other part, we have to keep it hidden. What remains hidden can't hurt or harm.

well I didn't ask to remove those contents because it's making me instable, it's doing other things lol. I asked because my laptop is often in plain view. Here at home or in class. I should probably learn to log off whenever I go pee or get a drink lol

what I need from you is to follow your own heart. I need to have a positive impact on your life so as long as you see me giving that, then we stay together in any way that feels right for both of us. In sense of stability: time will give me that. If like a month from now, we still have our connection the way it is now, I will have found me footing again, and it would be easier to not get so completely lost in this that I forget all about my other duties here. We could find a routine that won't keep us from eating or sleeping or doing the thigns that settle us down"

If I start limiting myself... that will hurt you wont it?

oh wait, so in the following months that will result in you having a footing, that means by that time being a constant platonic twin flame to you is alright?

and me being the best out of all the rest, I hope me being the best will no longer make you search for another to fall hard with, because if I can become that one person forever to you.. even if im your constant platonic twin flame... I could have removed all possibility of what will cause emotional instability to which will definitely be caused by others... but thats just me being idealistic about this

"that is being too idealistic because there are already other connections, plus it has never worked like this. I have been crazy in love in the past, like over the top marry me right now in love and still fall in love with someone else at the same time. I know this doesn't make sense and I'm sorry.

if you feel like being my platonic twin flame feels right, then I would gladly take that, i just want you in my life and I will not feel rejected if you decide that we shouldn't share more. but it should be for your own reasons, not to keep me from doing other things."

I think with what you said, what i can only do is be there for you as your twin flame bestfriend, understanding, providing support when (and this will always be the case) someone always cause a chaos in your life, whether they be mid deepness or another twin flame in love type connection.. Ill just be here through it all with you

"only if that is what you truly want and need

because what we share shouldn't just be about what I need

also, I was never looking for someone to fall hard with. Honestly that is not why I joined discord. I was honestly looking for friends like Jonas and Christel, stable staying friends. It just happens sometimes with new connections. Also, having found you now will definitely stop my active search for those friends, I will no longer make introductions to servers or post things about being open for dms. But there is no way of knowing how the existing connections will move forward, without me looking for it. By which I mean Sanju and Rayan. They are the ones that talk a lot. The newer ones I don't invest in anymore. So in a way, you are right in believing that what you offer will stop a search. But it will not stop the developments that are already started."

I dont think what I need will fit here even if I say them because you'll still fall deep with someone like what you did with me amd others before me.. and nothing will change that, not even yourself im sorry...

this reminds me what you said you could have changed for eldriki... change for a person is not an option for you with everything we know and youve shared just now... only option left is to just accept you being polyamorous and stay true to you as your very close bestfriend twin flame and not leave you

"yes I also meant what you need given the circumstances being what they are

me being polyamourous, me being married, our age difference, out distance, both our mental situations

given these thing that we can't change

if being my very close best friend twin flame is the best we can get out of this, that would still be amazing"

I wonder what change you could have done to eldriki when you said you could have done that to her instead of her knowing that leaving is the best option

"no she was talking about me not starting the convo enough

that is change I can do

making sure someone feels like they matter

I can meet those needs when they are being expressed without changing myself"

Okay thank you I fully understood now what you meant by change

"I wouldn't change myself for her as in my person

I can try and be more considerate

that is what I asked you too, given the circumstances, how can I be considerate of your feelings"

Our progress is perfect, theres nothing wrong with it.. the only thing changing is me reminding myself to not hurt your husband and children in their back, so anything that would cause that I will try to shy away

"I understand completely and I respect your morals in that

That is what's in your heart and so it won't hurt me"

I do want you but i also dont want to hurt him and your children after seeing them

"did you google search my picture?"

Facebook

"how?"

Your name from snapchat

--

I haven't. I do not almost talk to anyone else but you as i stopped looking for new dms so the old ones pretty much faded

unless they dm me out of the blue like Nathan, Noel, Grace

But i still kind of still able to talk a little with Nick and were good he told me we will stick together and nothings wrong with our friendship

"you shouldn't stop reaching out though, I support you in that, me being poly means I don't get hurt from your connections the way you would

aww that's great that he was able to reassure you, i'm so glad you reached out to ask him for it, it's not immature to be a little needy, you have a right to express emotions and needs 🙂"

lol that wasnt what you told me with us being in the initial phase still and i should let us be together for a few months more for you to be stable and have a footing

"well we move fast 🙂

I will totally support you"

--

nods kinda slow with this.. like my heart is taking everything and questioning whats happening like nothing happened.. still sinking slowly.. like demoting something..

but im okay

feels like.. we were in a high level and then went back a few steps back.. i feel it, its weird, the atmosphere changed.. like previously being in a state of comfortability and then kinda fell down like strangers in a way.

"Really?

I dont feel that way

Im sorry

Like strangers even... 😔"

Lets just talk more the rest of our coming days.. itll heal it

"I dont know why you feel that

What did you feel was lost"

That I hurt you by limiting myself to a platonic deep connection and with me not able to express that anymore with me limiting myself at the same time conflicted with wanting that intense connection without anything holding back but as well not wanting to hurt him amd your children as me having that with you will definetely will in my mind even if they do not know

"Well first you dont hurt me, and second, we can see what intimacy we can share without it feeling like a sin to you

We can as friends share a very deep connection without holding back and i dont see expressing a longing as being a sin, but we can find a place where you feel comfortable with that and take our time in discovering how we can feel that intimacy"

Alright, Im still naive with a lot of things so I still dont know the answers to that

"But pls dont call me a stranger..."

You're not.. I just suddenly felt distant like where did all we did go, and like starting again on scratch or something

"All is here still"

--

Wyd?

(continue pt13)

Part 13

(continued from pt12)

hugs Im just

took me awhile to send that.. just kept spacing blankly

I was just holding my phone and trying to type but keep spacing

Im having that mental battle again with the reptilians

Holy Ghost is making me space out i think.. by making me feel distant away from further participating in that kind of mental activity

"Maybe its time to catch up on sleep?"

You are right *nods and hugs you*

"Goodnight 😘"

Good night Aeris, please stay safe and well

https://discord.com/channels/@me/1375971497860141167/1377688837287051315

(pt1 may 30 2025 summary of everything im aware)

(pt2 may 30 2025 summary of everything im aware)

(pt3 may 30 2025 summary of everything im aware)

(pt4 may 30 2025 summary of everything im aware)

(pt5 may 30 2025 summary of everything im aware)

"Are you up still?"

Hopefully youll gain some insight if not enlightenment.. or you can take it as me being crazy. I hope you read it all my friend

"how are you feeling?"

Ill be sleeping, I love you Aeris

"okay sleep well Eli, love you too"

im okay.. just realized im not crazy or delusional.. at least with what insight sparked my mind for me to have summarized everything that i know of for years but wasnt able to make a cohesive whole until now.. and still progressing towards true gnosis absolute truth

"I see

I'm glad that writing it down made you feel better"

hopefully you read it for you to be able to understand yourself and why you have been experiencing everything that resonated with you on everything ive summarized in the 5 parts journal

"what does it mean for me?"

you will know when you read everything

"✅ Yes, there is a sacred form of non-monogamy — based on love, transparency, higher awareness, and unity.

❌ But, most expressions of it in this timeline are distorted by unhealed wounding and lower-chakra imbalance.

this?"

Only you can know. Im just starting the spark for an awakening for each one of us

"what does this change for us?"

nothing. Only thing it supports is why you and i feel a deep bond and that why you keep wanting to bond with others.. because we are all shattered pieces wanting to get back together as a whole

"so it can be experiences without being a sin as long as it's through a deep connection and not just lust?"

Yes

"does that reassure you?

that we don't have to lose what you cherished?"

lust is a distorted chakra of ours through unhealed wounds spiritually if you look up chakra system

Yes because we all should be connected deeply with each other

"and I don't have to feel like a stranger to you?"

yes

"I thought I had lost you when you said that 😕"

You will never lose me *hugs*

"you said you felt distant and I felt like a stranger so that sounds like cutting me off"

no i did said we need to talk more to heal that, as it stemmed from all the talk we had previously

"true

it triggered my fear of abandonment I guess"

no im still here and with i shared with you.. the gnosis

"yes

thank you"

Always *nods* i will be sleeping now, goodnight I love you Aeris

"goodnight sweetie 😘"

--

Good morning Aeris how are you?

"Good morning

How is your morning?"

hugs im just trying to see if I can create an ebook or pdf

Pt5 Updated

(pt5 may 30 2025 summary of everything im aware)

(pt6 may 30 2025 summary of everything im aware)

(pt7 may 30 2025 summary of everything im aware)

(pt8 may 30 2025 summary of everything im aware)

(pt9 may 30 2025 summary of everything im aware)

(pt10 may 30 2025 summary of everything im aware)

(pt11 may 30 2025 summary of everything im aware)

"Thats a lot"

it sure is

"Does it help?"

With Gnosis? Yes

"With feeling better I mean"

Kinda.. with me knowing the truth.. the oppression from those who want to keep me being ignorant will never stop as thats the nature of all who got comfortable with the demiurge

"I see"

But ill manage as long as im with the right people

Like you being with you Aeris

"Yeah?"

hugs you 😊

"hugs 🙂"

How are you doing and feeling?

"I'm really tired"

I am too

What exhausted you?

"lack of sleep

I should start to make smarter choices"

Me as well

"you too 🙂"

what keeps you awake?

"we should both go to bed before midnight

bad choices lol"

yes

whats taking your attention from not sleeping?

what choices?

"of staying up late

Sanju"

people on discord?

what were you talking about thats keeping you from sleeping?

"making a connection"

nods

"an intimate connection

what are your plans today?

I'm running around 9 I think

around 10 I'm going shopping for the garden, buying flowers, I think that's going to take a few hours

and maybe nap a bit in the afternoon

apart from that I'm free

no plans?"

that's a good idea

same old routine ill be doing

im just here as always

when did it start?

"routines are good I guess

what do you mean? I said yesterday there were already connections

when did what start?"

I mean it growing into a deep intimate one

I just need to know if someone else took my place already after i backed down

"it's not like that

the thing with my heart having room for more than one connection impaces that there is no replacing"

Its okay with me, I just need to be told the truth so I dont have to guess whats the truth and have odd thoughts running around my head. I mean knowing the truth face value right in front of me is easier to accept

"of course, you can ask me anything"

So someone finally got to the level i have or is getting there with you, I think

"I think so too"

oh. Okay *nods* i knew that would happen.. ill just remove everything in my memory that contradicts with that reality like "no one has the same depth of connection with i have with you" "not one of them but the one" and other ones related

ill be okay

"you're mad at me..."

I will erase them because it sounds like a lie if i remember them

"it's not the same, it's different"

and then when my head and heart accepts that new reality that those words werent true, i can finally be at ease let you have the same depth connection with someone like i have kept on telling you before how I knew what should be the case and that i would just be one of them but you kept contradicting me and convincing me to be and feel in my heart im the one.

the heart has its own pacing than the mind, I already knew in my head I was just one of them. the problem i have now is I opened the heart to accept that it was *the one* and is now habing a hard time accepting it was all a lie.

but objectively, im okay. its the damn heart thats slow.

"I'm sorry sweetie, I know this hurts

but you're not just one of them

you are special to me

we knew I would fall for others

i never expected it to be this soon

i have not been lying to you"

I am. Lets not sugar coat. the more truthful it is, the more easier to see the truth

thank you for trying to comfort me by sugar coating it, i appreciate it

"that's not what I'm doing

I want you in my life, no matter the other connections that exist"

"this soon" with another falling deep with them in that sense like what you told with me? thats okay. if i look at it positively, it is a nice thing to have more good connections

"do you think i'm discarding you and replacing you?"

I do not want to entertain that question sorry.

"do you want to end our connection?

I feel like to me, nothing I said is a lie. what we have is unique. I have never felt that kind of intimacy and longing even when we weren't flirting. You swept me off my feet and made me fall completely."

But as ive always told you, and now i stand firm with this, i stand firm that i will stay with you as one of them. not the one. but one of them to make it perfectly clear where this stupid heart should be in place. its just tthe stupid heart not catching up 😊

lol you need to tell it and reprimand it to go back to its proper place, what originally was actually the proper place the mind knew way before all this happened.

"I'm crying baby, can we hug?"

Thats fine with me if you feel that way. Ill put my heart to the proper context of it being one of them many and be comfortable with that. easy.

"two isn't many though

like you're just a number on my list

I do love you..."

hugs you im okay youre not losing me, i just need to feel in my heart for it accept im just one of them, doesnt matter if its just two, i expect now that that will grow more.. and its not a bad thing having more good connections with more people as ive told you way back from the start.

I dont want to delude and lie to the stupid heart its *the one* because it will start causing drama and tantrums inside me and the heart will destroy me and i dont need that, I dont need to feel that.

I love you too, as a genuine person, without the possessive heart connected to that love

hugs

"what does that mean? you disconnected your heart?

being the only one was a condition?"

I do not like that fact in my memory being told im the one, because the heart fully believed that because you convinced me to open it and let that sink deep. I am now telling my heart what the truth is for it not to have stupid damaging emotions that will affect me drastically.

"I don't know in what way I said you would be the only one, as I was always going to be married, so I could never offer all of me

you talk like i've been lying to you just so you could open your heart and I could crawl in to destroy the place 😕

I think I have been honest in what I'm offering, a deep connection with you, of feeling a caring friendship as well as intimate longing, and I am still offering that.

I understand this hurts, of course it does, and I understand if you need me to back off, i you need to time to allow our connection to be only friendship, but just remember I didn't use you with lies. This was unexpected for me too, and everything I said to you I meant full heartedly"

I know that. We already discussed how I do not want to hurt him and your children.

I just need to manage what information gets to my heart as it is an organic that is not objective and logical but subjective and emotional... worst, chaotic if fed the wrong information that does not align with reality. That is why im telling you i am removing everything it embraced as that is now obvious not what is the reality.

it gives me a headache, a feeling of insult, as well as the stupid heart doing every chaotic emotion it can do because what it was told previous that it let sink into the damn heart is now contradicting with what is the truth of the reality.. with the stupid heart having conflict with itself expecting everything it embraced to be still true when it no longer isnt.

i am removing it all from the heart so it has no means of holding onto something and expecting from that.

I will remove it, it is for the greater good, for you for me for everyone else for your family. *nods*

dont worry im okay now, just made myself a bit apathetic so we can function in a healthy manner

"how do you see our connection in this new reality?

where are your boundaries?

what do you need?"

lets not do me a favor, that will get to my heart and its fucking stupid whims. a martyr and an unconditional love aporoach attitude is all i need to function comfortably and healthy with you, and it feels nice to be at ease without the damn stupid heart telling me what to feel and making a chaotic mess ruining you, myself and even your family and everyone else that has a good connection with you.

lets not make me turn into that.

ive shared with you what happened with my first and you also know now i have that bpd problem and it stems from the heart.

lets not let that happen.

We are all better off this way putting my heart in its proper place😊

(continue pt14)

Part 14

(continued from pt13)

"I will respect any form you like to be us in

what are the boundaries?

what can I say still and what do you want me to stop?"

Nothing. Just me accepting all of you and letting you be yourself just the genuine way you are, is satisfying for me

"so can I still say I love you...?"

Yes its normal for human beings to say I love you to each other as love is not only one but different forms. Thank you, I love you too Aeris 😊

"what about falling for you? you have disconnected that part, so I should probably too?"

I dont tell you what to do, it is all your own free accord what you choose to do

"😭"

hugs you im not leaving

"i lost you anyway 💔"

im still here and someone else is already going to make you feel better because youll be getting that from him as youre already getting to that deep twin flame soul to soul intimate closer connectiom which you both are already building. And you dont need to worry as there will be more like him, so in a sense youll have multiple deep twin flame soul to soul intimate closer connections to make you happy and fullfilled... as long as they stay that is, that, that is something everyone cannot promise because as ive told you before.. no one can ever be secure nor even stable in a polyamorous relationship without facing their own insecurities inside polyamorous

"no one can replace you...

do your regret sharing things with me? I noticed you deleted your snaps"

another thing... that you havent faced yet.. is the accountability of your decisions and actions.

You get to not face accountability and its consequences because your family, him and your chidren, do not know what you are doing behind their back... but truthfully, that will never take away the fact the you are accountable for what you are doing to them behind their backs. The spirit knows. and each of them has it.

So what do you really want i will ask you again.. which is more important to you? are your polyamorous relationships more important to you to keep than your husband and your children which accountability says they will be hurt?

Or is your family more important to you to keep and leave the polyamorous people that are ruining your life, your family, and emotional stability?

this is not a grey area at all. You are already expression emotional and psychological dilemnas and instability being tugged between the two. And dont tell me keeping it a secret wont hurt anyone. Your consciousness already has a different opinion making you notice through psychological/emotional instability... and i think youd only appreciate and fully grasp the situation once you put yourself in a situation where you are accountable.

there is manageable accountability and another that blasts a mess on your face type of accountability situation.

or will you wait for that to happen before you fully realize the full accountability it can produce as a consequence... with more to lose in the end?

we already covered the wishful thinking "if only my husband is open to me being polyamorous while he stays monogamous with me uncondionally and that it can be a normal thing for children to grow up psychologically healthy that their mom is with other men" type of scenario.... another thing that i havent explained why we are territorial as a clan like family is that, once we sense a different vibrational frequency apart from us, automatically we are very uncomfortable with that....

and you being physically with other men you acquire even if you dont know, their spiritual frequency state... and your family will sense that until it becomes true to believe for them to confirm there is something wrong that is uncomfortable.

so far thats how humans are at this moment of progression..

i deleted those i sent you, the day i saw your husband and children on facebook

"wow

well that sounds totally judgemental"

It is not far from the truth as inevitably you will have to face the consequences and be accountable for it... only you decide if you want it to be a chaotic messy one in the end where youd hurt a lot

"this sounds like you will have me face the consequences by stepping in and informing them and i'm totally freaking out

panic

Eli

tell me"

No what i am saying is that will inevitably happen as you can never ever say it has no accountability... even your own body is telling you differently with the emotional instability and it affecting your mental health

"that is my own path to healing"

i am just telling you all this as your true genuine friend making you see there is no such thing without consequence to be accountable for

I hope you well on that path and whatever will happen

"do you see yourself ever doing that?

I have given you so much of myself

and you can destroy me and my life

and maybe you feel I will deserve it

for hurting you"

no

i will not

"maybe if you are having an episode and see me as pure evil

i have clearly fallen off my pedestal"

im just your closest friend telling you the truth that one day it may all blow on your face and are you prepared to lose some stuff and hurt someone... that is why i am asking you, WHO IS MORE IMPORTANT

"don't shout at me"

Im not shouting im putting emphasis on who exactly is important to you. Your family, or your polyamorous men.

ive told you everything, i will say no more about this

"okay...

you can help guide me but

keep in mind you're not the only with a broken heart

as I did truly love you and i'm being cut off for being the way I am and then talked to as a villain

I know I hurt you but don't think you're not hurting me

I know i deserve it all, so I take it all, but damn

you cut deep

and I feel like throwing up

shaking and sick"

Thats why i am asking you.. are you willing to accept and prepared to choose your men over your husband and children? do you truly love these men to be your forever? who can be your forever? you told me you find stability with your family before... that means they can be your forever, so with you being with these men for your healing? it may be the wrong approach to your healing, as I did told you polyamorous connections turned corrupt and chaotic and unstable because there are factors causing that other than trauma.. this also includes your energetical frequency trauma you have and still carry with you

that are affecting you to behave in a way

"I am willing to work to make them into purely friendship

but most of my friendships start with a confusing stage of feeling that love

of falling into friendship in an intense way

also, the last other man who had my heart was in 2010, and I told how that all happened, so you can't act as if I just fuck around with several men while not being accountable

I have stayed true for 15 years and yes, I have crossed lines now, bc i'm feeling kinda lost and i'm willing to work on that

but don't make me out to be some selfish slut

I have never judged you in this way for your faults

okay i'm gonna go now..."

But they turn out not that way. It has distortions of emotions. So we need to address that.

have you tried vibrational soul healing workshops?

and is there one you can find and try out near you?

the therapy you had didnt heal everything only a portion and not that deep because you still go find healing through polyamorous activity

you need to get more deep with yourself and I will be here to help you figure that out with what are the options you have there in your area..

that way you can truly have a deep genuine connection with people without them crossing your boundary because you yourself have distortions energy wise that are affecting you.

I apologize if i am making you look like a slut that has been doing this so far.. but you kept agreeing with the perpective of having deep intimate connections with other people that are crossing your boundaries and you never said you didnt stress you didnt want that and EVEN told me last time i cannot help you how it will be with how you are with other men you contact with, even when that means they are crossing the boundary and EXACTLY now why you are, again, like the other day we talked about this, emotionally unstable and disoriented as these also stems to your guilt in concern to your family.

I am helping you.

"this is not the gentle healing that will make me feel strong enough to protect my boundaries and my stability, you are destroying me Eli"

If you dont need this kind of depth friendship... ill just let you be without much concern how things will affect you

"I do need friendship but tap a little in the empathy please"

How should we be gentle to make you achieve a strong boundary for your sake and for your family and finally remove those that are ruining that with immature men? and yes, ive let myself be one the previous days with you and you and i both knew i knew it being immature

"you are only pushing me away

that will achieve nothing

Okay well I thought we were sharing something pure and soul connecting, but maybe I've been lied to as well"

I will not entertain that and say i want you as that will not help you, what we need to do is help you keep your boundaries while having good friends

I already said my part how the stupid heart felt. I will not go over that again.

"so now I have to remove the lies from my heart as well

and as I said before, I don't think someone kicking me until I'm down and crying and then keep kicking is a good friend

any healing I try to do will not be achieved overnight, or it would only be fake, and by trying to beat your truth into me when i'm already devastated there will be no healing at all, only breaking and losing"

I never lied BUT ITS INAPPROPRIATE and immature to ruin your boundary and emotional stability with your family. Ive expressed this countless of times.

damn it. You want the stupid heart to speak? I want to marry you and have a life with you until we grow old. and i already told you this before so why do i need to repeat this...

"I'd rather have you speak from your heart and then we can connect and both heal into a connection that we are both healing

than have you be cold and hateful

and i fkn love your stupid heart with my own stupid heart"

Okay im sorry... lets take it easy. Just know I will never leave you and will be your deep true friend... but i am not perfect like right now, im hurting you by helping too much that im forcing it. you are right lets take it slow... we have a lot of time in our hands for the coming days ahead of us

Please lets not make me open that part of that heart again... its making me hold back something that is going to burst and just want to hold you... not appropriately

"this is the honesty I needed, so we can connect and grow

that is why i asked for your boundaries

so no more I love yous?"

I love yous are okay.

but what you said just now made my heart feel you want a life with me, a life like we are both unmarried couples ready vow to each other to be theirs for each other forever.. and thats not happening

"where is the line between being okay and not okay"

I mean the way you expressed it is you wanting to combine with me body, mind, heart, soul, spirit and life, and marriage and kids with me being that close and intimate and whole as a family... but thats just the way i perceived it. it might be me being wrong, when you said you love my stupid heart.

amd its making me forget youre married and making me forget not to hurt him and your children

"when I say I love your stupid heart, I mean, I see you, I accept you as a person, I admire the purity that is in your heart if you allow it and I love all of that, without expectations, not marriage or a life together, but just something I feel as I see you

no implications, just a feeling from me to you"

Okay it was just me being stupid lol

"that's why I said stupid heart 😉

no i'm joking

I don't think your heart is stupid at all

you are very wise and mature in guarding it from me

but we cannot help each other heal if we are disconnected"

Okay ill remember that, next time when you say something that felt similar to what i just expressed, ill just ignore it as thats not what you meant

thank you

"isn't it in a way purer to say those words without expectations or needs or wants?"

What do you mean?

(continie pt15)

Part 15

(continued from pt14)

"it sounds like it's a disappointment to you that I mean no further implications, but I think it's beautiful when someone expresses a feeling of love without expecting anything

I always get anxious when you type a long time cause I know I'll get crushed when the message comes..."

so you want me to say i want you, soul, body, spirit, life, heart, to combine with me and have a life with children and be married but not expect that to happen with you?

i dont think thats a nice picture to look at.

1. its making a fool of myself telling you something what i want when that is not going to happen

2. i cannot say that like halfheartedly without having a deep serious intention towards it

3. it cannot be said like i am just playing around or joke like with these other men that they can do that

... and you still want me to say that from my heart??

i do not say nor want to say something that i do not mean... why would i do that, telling you i want kids and marriage with you or you and me combining without violating the three points ive laid out?

"I never said that, I said the opposite

nevermind

I was right, you're crushing me

I'm going now

bye Eli"

you said, purer to say those words without expectations or needs or wants, that is what you said and exactly what i pointed out whats wrong with that.

why would i put my heart in a position of expressing itself without being reciprocated back?

"well then don't

disconnect, it's fine, you already have

I can't take this anymore"

Why do we need to have my heart in this equation?? Im just going to stay with you and be your close true friend

"you are not close to me right now at all

you have never been more distant even when were actually strangers

and I just can't breathe of how much you're hurting me

so i'm gonna go"

why does it have to be me --you want me to fucking express how badly i want you for you to feel i am close to you???! you want me to keep on hoping to want to combine with all of you and have children and marriage??

"I said the opposite

but you don't understand"

okay... explain

"no

I have tried, you keep on beating me down

i'm not taking it anymore

i can't

can't breathe"

lets take a breather.. its too much for today

"bye"

ill let you rest.. but im still here because we both agreed in the beginning we would never give up on each other

"You have already"

i am not

why do you think i have?

"If staying means you doing this to me then dont"

because im not expressing my full heart?

"Im off"

that was basically what you said literally "tell me your heart without expecting to be reciprocated because i cannot give it to you"

You want me to neglect my hurt feelings all the while showering you with love by saying whats deep im my heart

okay from now on ill just neglect myself and only think whats best for you, telling you stuff you to make feel connected and happy all the while im hurting (and i know you dont want that for me) buts thats basically what youre asking and im telling you now the reality of it, you being showered and then me being being loving all the while hurting inside..

fine that must be back to the unconditional love aspect, okay ill do that

I did said to unconditionally love you so yes, thank you for reminding me. ill do that

Im sorry for bombarding you, ill let you rest, I love you Elke.

--

I see you typing

I love you

I will lessen putting you through this kind of experiences with me. Im sorry Elke. I love you

Thank you for staying

"I said the opposite of that Eli, reread it, I was saying that I, ME, was offering my heart and expecting nothing in return, that I was expressing my love without need or want, not that YOU should do it, dammit, Ive been asking you all along what you need, why would I then expect you to give without need

And you dont need to shower me with love but does it have to be all or nothing, does it have to be marriage/sex/everything or just cold robotic distance?"

No. im sorry

youre right

"That is just mean and completely the opposite of what im trying to say for hours, but you seem to want to see me as the vilain"

I apologize. I am wrong. What i said with that is just wrong

"I dont expect anything of you but if you willingly keep hurting me i cannot stay even though Ive been taking it for hours cause i deserve it there is a limit"

I know im sorry.. and we both havent slept well for days.. im sorry for causing you grief

"are you saying you don't mean that?"

I mean I accept and understand now that everything I said there are wrong

and everything I have said that have kept hurting you like i wasnt listening, i understand now that all i said and did are wrong to have put you through all that

"I am worried about this turnaround

Is there a way for us to be somewhere in between

Between hot and cold"

Yes

me listening to you more

"I mean in being open and loving

Is there a way to connect that wont hurt you

Or me"

Yes

how can we do that my love?

"Then tell me what you need to get there"

im having trouble reaching my heart right now.. i do not know what i need.. can you help me?

"I think you are doing better than before in being gentle"

tell me if i understood correctly? um i am more gentle now than i was before? did i understood correctly my love?

im not sure if you mean im better now, or i was better before

"yes you are more gentle now than before because I feel that you are trying to connect to me

you are better now

I don't feel as unsafe now"

I love you 😊

im glad

"let's try this"

im listening

"some sort of visualisation

just for now

can you try to see your heart in compartiments

bc right now your heart is shying away and I think that is very natural because it was wide open top to bottom and then being broken

but let's make your heart a house with different rooms

and now the house is closed, you can't get inside

because the place is flooded

and if you open it you're afraid you'll just drown again in it all

does that make sense?"

Yes

"there is a room for sexual intimacy

that should be a seperate room

that can unlocked when you wish it

last night you tried to lock off that part and by doing so you felt like your entire house was closing"

okay

"but you can try to close that room

there could be a room for romantic love

that is probably very hurt right now

so it's okay to let that part heal for now

and not force your way"

okay

"you could have a room for everybody you care about, if you feel like you could connect to one person and not the other

there could be a room for friendship love

where all that is expected is honesty, authenticity and acceptance

and everyone you allow in there can break that room, but not the rest of your house

i would to sit in that room with you

I would love to earn my right to access that place

you can live in my friendship room

I don't know if this visualisation makes any sense to you, but if you try to reach your heart while still protecting it, that might feel a bit safer to you, to choose which part I can access, and not allow me to reach the hurt parts

I don't think I've hurt your friendship room

I've hurt your romantic room

and your intimacy room was hurt by me being married and us crossing a line

but I think we can only be safe with each other if we at least allow the friendship love, cause if not the coldness of being outside will hurt and cause distance"

Youre right

the friendship room wasnt broken, just the intimacy and romantic room are broken

"Does this help"

It does

im trying to make room for the pins as weve already reached the maximum and so im trying to see what i can unpin

"Well you wanted to forget thing"

hmm my love?

"So you can delete those

That are hurtful

Im on my way to buy the flowers"

Okay please stay safe and well my dear Aeris

"You dont have to go yet

Im in the car

Not driving

It could help me to have rooms too

Bc when i allow someone in the friendship room

They have access to the entire house

And i keep no boundaries

Just heart wide open

And so are you"

Yes we are the same

"We could build the safe Walls

In time"

Okay

"How do you feel about that

Can you trust me in that room"

I think we will help each other become a better person by growing and helping each other become what we need to have a healthy boundary for starters

and yes i can you trust you in my friendship room

"Is "I love you" allowed in that room, or will that remove boundaries? Do you feel better with I care about you?

it's up to you, you make the rules in your house

I'm willing to do whatever it takes to make us connect again"

I appreciate that good heart of yours stemming from the frienship room. I dont know, is i love yous normal to say in a friendship or with bestfriends?

"I tell christel I love her, I don't tell jonas, but I'm sure he knows, I usually express my appreciation in the way the other does and follow their lead, as I'm autistic

that might also be why I am susceptible to flirting as I mirror back what the other does

not in a fake way, I just often feel the same way as soon as an emotion is expressed to me, I don't know why"

Okay so if you dont tell Jonas you love him verbally because he is male and I am too, maybe we should not say i love you toos as well?

But I never flirted first with you

"no me neither, that happened very much spontaneous

which made it to me the most real ever

because it never came from expectation or mirroring

you did make first confessions and said I love you first, but I understand if you want to take that back as your heart was too open

he's is not at all like you, it's not bc he is male but bc he is not emotionally expressive and even saying i'm his friend makes him uncomfortable

you express your emotions and your connections, so if you feel like saying that, it won't confuse me. if you say not saying makes a clearer boundary, I will respect that and not say it

I would say words of affirmation is not his love language haha"

Did I? I was getting hints you were building something towards intimacy by telling me how deep you feel of a connection with me.. I think i didnt say i love you to you before that only after reaching a more serious tone concerning it that we both had that day we both admitted to it

I hope i delivered it gently.. please tell me if it offend you

"it was there all along with us, it didn't grow because either one of us was trying to build towards confessions or actions or words

neither of us steered us there conciously

I think

it was just there and we didn't stop it

so eventually we both expressed it

what was there long before we said it

I fell in love before we crossed that line and so did you

so neither was pushed into feeling that, I think

maybe you feel differently"

Yes and no i dont feel differently because we both know initially we had a deep twin flame like connection at the start and that kept on going for days until that day happened where we became fully intimate

"but do you feel like i've been steering in that direction to cross those boundaries with me?"

No

"I'd hate to think I did that

bc to me it all felt natural

and mutual"

we just were supposed to be perfect for each other is what i felt.. but you are already married and i got born in the wrong timeline.

yes it is mutual to the both of us

"if you feel safe to express your friendship in those words, then I will too, bc my feelings have not changed"

mm can you elaborate on what you mean directly when you say, your feelings havent changed? which feelings?

"are you sure I should?

--

getting anxious again...

--

Eli please..."

Oh okay i think i know now. I just need to confirm before I answer because I do not want to answer in a way that ignores your feelings.

I still feel the same with you deeply and it never changed wanting to merge with you mind, soul, body, spirit, heart intimately and have marriage future with and have kids.

I just want you to know that.

now to answer you..

yes --please dont be anxious *hugs* im sorry im taking a long while to type all this...

but to answer your question (after letting you know I do still love you deeply in an intimate way)

Yes, lets try for a couple weeks how it is like not to say i love yous if that will help both of us create a healthy boundary for each of us that will help both of us in our future interactions with others

im sorry i took to long to send this long reply Aeris *hugs you*

"Okay I was already in tears again waiting for you to hurt me

I'm okay"

im sorry dont be afraid im sorry i hurt you *hugs you*

(continue pt16)

Part 16

(continued from pt15)

"would you still like me to answer this?

or is that the yes you meant in your answer

you can press send in between paragraphs so I don't have to build up in fear"

If you want to express it out of your heart, I will still appreciate it, its kinda romantic.. a twin flame soul mate that met at the wrong time with the other born late in a different timeline and so they cannot be together fully as halves to each other being a complete whole intensely intimately.. I think its romantic in a way, a love that can never be but still love each other deeply from a distant as friends

"Like star crossed lovers

so what's in my heart

as easy as it was to fall in love with you, it will not be as easy to fall out of love with you. I understand that it is necessary for us to grow into a healthy friendship that will not harm us or others, but it will not happen overnight. Everything I felt is still there, all of it, in the hurt rooms.

is that okay?"

That you still feel deeply about me as well? Yes. I love that. and I will say this intimately one last time...

I love you Aeris my beloved twin flame.. im sorry i got born in the wrong timeline.

"I love you too my sweet Eli

but we need to believe there is a reason for us to meet now

in this timeline, and that it is exactly right for us"

You are right

"in our bigger path in where we are supposed to go

I truly feel that

that a connection like this isn't just a coincidence

and that maybe we will both guide each other with our unconditional acceptance towards a healing we would never find on our own"

You are completely and absolutely correct. I am looking forward to that for us both, from growing together.

Yes, nothing in the universe is an accidental coincidence

"🙂"

😊

"thank you for trying to connect with me even though I have hurt you

I hope you feel a little less broken now we tried to salvage some of your house"

And thank you for still connecting with me after I have hurt you so much with everything I have done and said.

Yes. I am feeling whole, as always will be, with you.

I hope your heart house is healing in each room it has i have touched

"I deserved it"

I could have gently helped you instead of that of everything ive said. We could have both agreed to that of helping you be healthier relationship wise. I am wrong to hurt you that way

"thank you"

hugs you

"hugs you back, hard and desperate, never want to lose you"

hugs you dearly

"🙂"

🙂

--

"hey"

I was thinking of you a second ago then you messaged just now

How are you doing and feeling?

"we really must be connected"

nods

"I just got back from buying all the plants

I'm home

how are you?"

That is nice, I am just doing some journaling, I'm okay and there's something I want to tell you but I hope i can deliver it withoit hurting you..

"oh 😟"

I am sorry that with me you broke your 15 years of trying to stay focused with your family and husband.. and when you first met me, you have been sharing with me that you have been telling these boys and men you encounter online not to flirt with you or cross that boundary.

"you don't have to apologize for that, since we just stated that this happened naturally and spontaneously and not by anyone pushing or crossing the boundary of the other

we just moved our own boundaries together to experience being closer

I made you break your oath as well"

I think that is a good thing to talk about now that we both will help each other have a healthy boundary with each other and that will also help how we both are with other people.

Now, I am afraid that what I made you feel intensely including sexual with me may have triggered you to have an intimate connection with the other person you told me this morning you are falling fast with now.

Im sorry I put you back into that state and if i can say this... please reaffirm your boundary back and not let this other guy thats making you fall hard as well cross that boundary.

I hope i said that without being offending.. as what you initially was doing before is actually good and just need help standing your ground with your boundary with you being married against those boys and men trying to cross that.

This is just merely from me being a good friend, and I am not sure how you will further be with the other guy

Its okay😊 ill just get up and try implementing my melchizedek priesthood obligations.. im not expected to get it right away

"we don't know what would have developed if we hadn't removed that boundary, so there's no need to feel guilt about that. You did not remove my boundary, you simply removed your own."

I am just worried right now that I may have negatively affected you into letting the other guy cross that boundary with you even when he knows or may not know you are married

"we will help each other heal and we need to believe there is a reason we met, a positive reason

something that feels so right can't just be about temptation"

And its the same way you feel with this other guy youre falling for?

I only hope he stops messing with your boundaries that will affect your emotional stability by having another person.. this guy.. make you break your loyalty with your husband and family

Is what you said with this, um who were you referring to as "we" here? Me and you, or in a general sense "we" anyone who connects with you, meaning me and the other guy in relation to you?

Is what you said with this, um who were you referring to as "we" here? Me and you, or in a general sense "we" anyone who connects with you, meaning me and the other guy in relation to you?

"is this a question? can you reframe it then?

me and you"

Oh um yes.. but im just asking about the other guy if youre going to let him emotionally manipulate you into crossing your healthy boundaries set for you in respect to your husband and children?

"I will try to get there"

im sensing you are evading to answer the question and im sorry if im making you uncomfortable.

If I may? can I help you be firm with your boundaries with other people that may try cross the line of you being married already? May I, as your friend?

"that won't be fixed overnight, especially not on a day when I don't feel strong at all and completely broken

this morning was A LOT for me

and I can't promise that I can just built boundaries overnight

he's busy today and tonight anyway

so we can't really talk properly"

But you have the power to not respond and encourage the other guy when he is crossing the boundary..

because if you encourage him, and i will say this gently.. you will as you do how the other person does.. that will only become a problem because the affair is getting stronger.

This has always puzzled me, and if I may ask it again a third time in relation with your husband..

why... in a gentle tone.. arent you getting that from your husband? what i mean to say is, why are you not choosing to go to your husband to heal, soothe, and make you feel whole and unbroken whenever you feel emotionally unstable...?

im sorry for asking this question but it has always puzzled me why you are not doing that with your husband when that is what a husband is for...? You told me there are no problems with your husband, unless you didnt tell me you and your husband are not being a proper married couple -I apologize for touching a sensitive subject... its just, it is important to discuss this

"this is crossing my boundary

but you will be pleased that I told the other guy that I would not be doing anything intimate anymore

so at least you have that

broken all the hearts in a day, so yay

--

Eli... you're doing it again

--

can you pls hit send once in a while in between the paragraphs and be here for me?"

Me asking you these questions? Okay I will not mention these again.. I thought I was being a positive force in your life by influencing you morally..

I was rereading our chat history and the screenshots you sent me concerning this person who has a couple of times was rude and emotionally manipulative to you and that i also read you the part where you cant ignore him after he was being mean and abusive but still connected to you and apologized and so you had to reply back to be nice.. the day you asked me if i can block people out and i shared with you concerning old jack ripper..

this guy his name is sanju, is also the guy you mentioned i just realized the same name that you mentioned the second guy you have fallen down with... I see that it with him manipulating you emotionally as he can do that when he got mean to you and now he made you fall hard

oh... you already did cut off ties with him I just read your message

--

Yes im sorry... i have a habit of typing longer because if i send the message without me yet even done, youd be responding already and i havent finished what i was trying to say... but yes ill try to do that

I didnt mean for you to break it up with that for me

"well yes I can tell you are trying to be a positive force in my life, but the emphasis is on force 😉 It's been a lot today"

i meant it for you and me helping you enforce that healthy boundary of yours not just with me but with others for your emotional mental health sake

oh okay... im glad im still a good influence to you

"yeah well it's done

I don't feel mentally healthy"

that is like being in a substance abuse withdrawal, lets fix that another way

.. but since you told me the subject with your husband is a boundary i cannot discuss.. i will have to help you on other possible ways

"pls no more help

he did not take it well

he left in a fight"

he is not a reasonable man he is SELFISH FUCKING BASTARD READY TO RUIN SOMEONE'S MARRIAGE

"don't

you didn't take it well this morning either"

Fuck him let him die, fucking family destroyer

"okay yeah this isn't helpful

I have no need for rage

I needed comfort

I shouldn't have said anything"

im different from him because i still choose to do the right thing, how am i the same with that idiot??

"did I say that?

can you calm down"

okay, but when you said i didnt take it well as how he did too... he walked away probably calling you mean things and being mean to you... i on the other hand chose to help your marriage life

"he's not leaving me and he will offer just friendship but he's upset right now and he has a right for his own emotions"

i chose to stay be a positive force to influence you properly than these fuckheads and help you with yourself and with your family

oh okay

"you first hurt me for two hours

let him have his emotions"

okay

"are you calm?"

i am, i am just thinking when youd be ready to accept suggestions for your healing like workshops and such

"come on Eli

it's enough for one day

have you worked on your healing?"

i know, just tell me when youre ready

"don't move the focus to me"

mine is not a drastic problem as im not in a delimna situation that is tugging me from both sides so im okay

"what about your desk?

and the way you talked about your father?"

mine is more in a stable circumstance because im not caught in the middle of anything

the way i talked about my father was only discussed here with you and noel and grace when i forwarded those to them. and nothing is making me confused whats real anymore

"what I need right now

is for you to let go of your counseler hyperfocus for now, and to just be proud of me for taking this step and comforting me with empathy as you will see that it upsets me to hurt people

can you do that?"

Yes

You did good

"thank you

Ihave been hearing many bad things today"

you are now becoming more healthy towards your boundaries, i am very much proud of you Aeris

"thank you

😭

hugs too?"

You are slowly removing every guilt and tug of war that is you being caught in a crossfire

gives you a PROUD BIG HUG

you did good Aeris

"hug back

can we talk something else now?"

I am veryyyyyyyyyyy proud of you

Yes

hmm what to talk about

(continue pt17)

Part 17

(Continued from pt16)

"can I reply further to your message?

the long one"

yes

sure thing

"so the next thing in there is you like to pop your joints"

ah lol yes

"like in those scary chiropractor clips ?"

hehe yeaaah

"of people nearly breaking their neck and then crying

does it hurt?

I can pop my back, my neck, all my fingers and my wrist"

no because what pops is the fluid something in between the join cartilages

"my knees and ellbows sometimes pop but not by choice"

it has bubbles

"yeah"

--

--

wait who did?

"he has a wife and a daughter now

his wife talks to me sometimes how he emotionally abuses her"

oh oh

"manipulation, gaslighting, threatening her"

yes

"I dont really know what to say to her

her daughter, we love her"

that must be a lot of venting

"my mother in law lives for that child, same as for ours

if I tell her: get a divorce, get your daughter away from him

then my mother in law loses the child as well"

that is adorable

oh

its a complicated issue

"yeah it is, he won't have therapy, he says i'm not crazy

as if only crazy ppl need therapy"

lol

"so i suggested she would go to therapy for herself
to put some boundaries to him
and stop him from abusing her like that
i've had plenty of therapy"

did she?
there are people like that who view therapy as meaning one is crazy

"I don't know
she doesn't dare talking to me much
bc he sometimes demands her phone
and if she had been talking about him he gets "upset""

oh.. manipulative yes

"yes"

feel sorry for her situation

"he wants to cut her off from her parents
bc in his opinion they poison her against him
when they are trying to make her stronger"

he is a narcissist! 👀

"he has stepped away from her and told her: you choose, me or your parents
i'll get a divorce if you don't choose"

oh no....

"she didn't choose, he returned

but things like that always happen"

lol

"it's very unstable"

it is

"to have the ground pulled away from under your feet every time he gets upset

last time the fight was about her falling asleep

so their kid won't sleep during the night

she's exhausted"

its traumatic

"and she fell asleep

and he was like: you never want to spend time with me anymore, we never have sex anymore, you don't love me, you hate me, you only stay to insult me every time you look at me with your disdain

and she cries and tries to make it better and begs to just put it to rest so they can have a night and he says if you go to sleep now I know enough"

lol he did that to himself... but yes i can understand him i was like him before

"so she's up all night listening to this

were you?"

i was i told you with chrishana my first

"only in the end, right?

when you felt her slipping"

the last 2 years of 7 years

"well he probably does too"

yes

"I can't imagine her looking at him with much affection

after being treated like this

did you have contact with Chrishana after breaking it up for real?"

no.. she is a victim being pulled by her wanting to get out at the same time conditioned to stay

i told her to take a break (or break up everytime i can say that) while i was sober at the time and did still had my usual episodes and she took it... then later she shared she found herself again and is glad to be out

"did you get a chance to apologize?"

everytime

but i keep having episodes of being toxic

"so you knew very well at the time when you apologized that you were being toxic?

just couldn't help it from happening again?"

thats why she loved me because she knew i was good at heart and know what i was doing and even regretting them... but at thag time i kept going on and off being toxic

yes

she triggered me a lot that time

because she wont admit to her faults

on how i became like that

that she thinks telling me on my face all about her fave kpop idol and at that same night making me watch her horny kpop boy band music videos with how their half naked upper bodies move like a snake and sexy was normal

"do you feel like I trigger you sometimes, when you go cold and robotic?"

im not that anymore.. lets not make me think im bpd as i have a tendency to manifest what i think i am

heard of placebo? i have a negative manifestation instead of a positive one

"I don't mean to compare to that

it was just a question"

okay

"was just asking if you feel triggered by me to be toxic"

no

im more compassionate and understanding now to those im close with.. except strangers who act indifferent... cant relate to them heart to heart

thats why i was able to stand my abusive relationship with patricija

because i got close to her in that one month being a couple

every single day she would put me down everything I say or do is wrong depending on her mood

"i'm glad you got out of that"

if i follow her and think ill be safe, she will still do the same because she is inconsistent

i would have still married her and became a martyr if i choose to

but friends and bestfriends kept bombarding me about red flags

they keep telling me to get out

"and you did"

took me weeks of them repeating that as i kept going back and forth with patricija

"did grace respond?

in the end?"

right now no

but noel was questioning all the demiurge stuff i sent him

all 11 parts

i sent it to all my friends im not talking to much to see who may understand

"What did he say"

i sent it to all my friends im not talking to much to see who may understand

nothing after that. i replied "maybe its not the right time yet"

no response with him as always

even when he is online

"Hmm

Its a lot"

he started becoming distant when i dated patricija

and maybe because i didnt listen to him immediately and they told me i was stubborn

ah yes... even dad doesnt have all the necessary sources awareness to the subjects being discussed to follow along

"The times that hes here, how is his tone

If the tone is the same, it could be just less time"

mostly like flat and like a not properly packaged hamburger

when he asks a question he does not even put a question mark when the qeustion is short

"how you doin bud."

"hey bud."

"how are you. Im good."

very forced like responses from him

"Oops

I dont put questions marks when on my phone"

no you do tho

or i just didnt noticed

all the questions you asked have a question mark i think

"Not the last one lol"

ah yeah but were talking a lot. its different

"True

Im invested"

hes not respond to me for like a day and then you get a not so cared about typed up response

like example you wait for me to answer your question how i am for a whole day and then sometimes id pop and say

hey bud. good. u.

it was kinda exactly like that

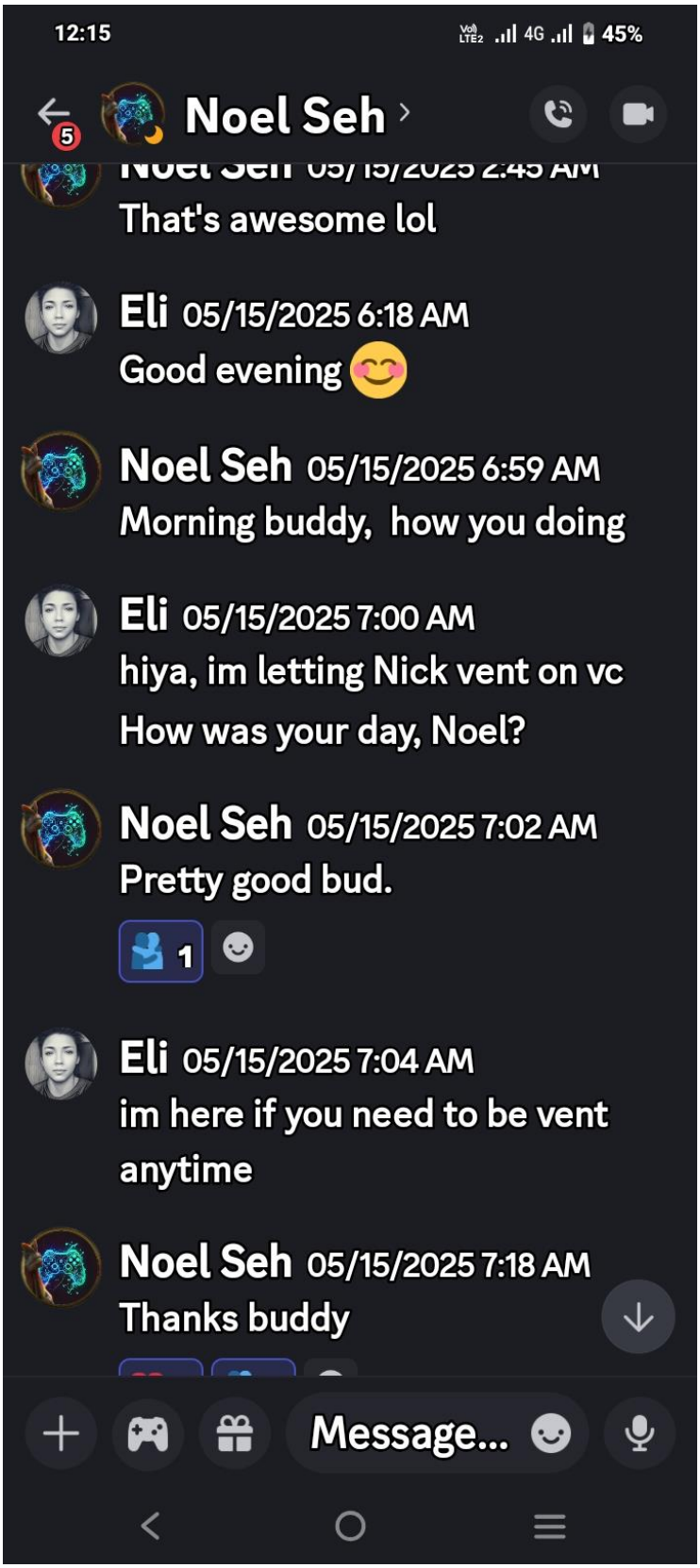
let me show

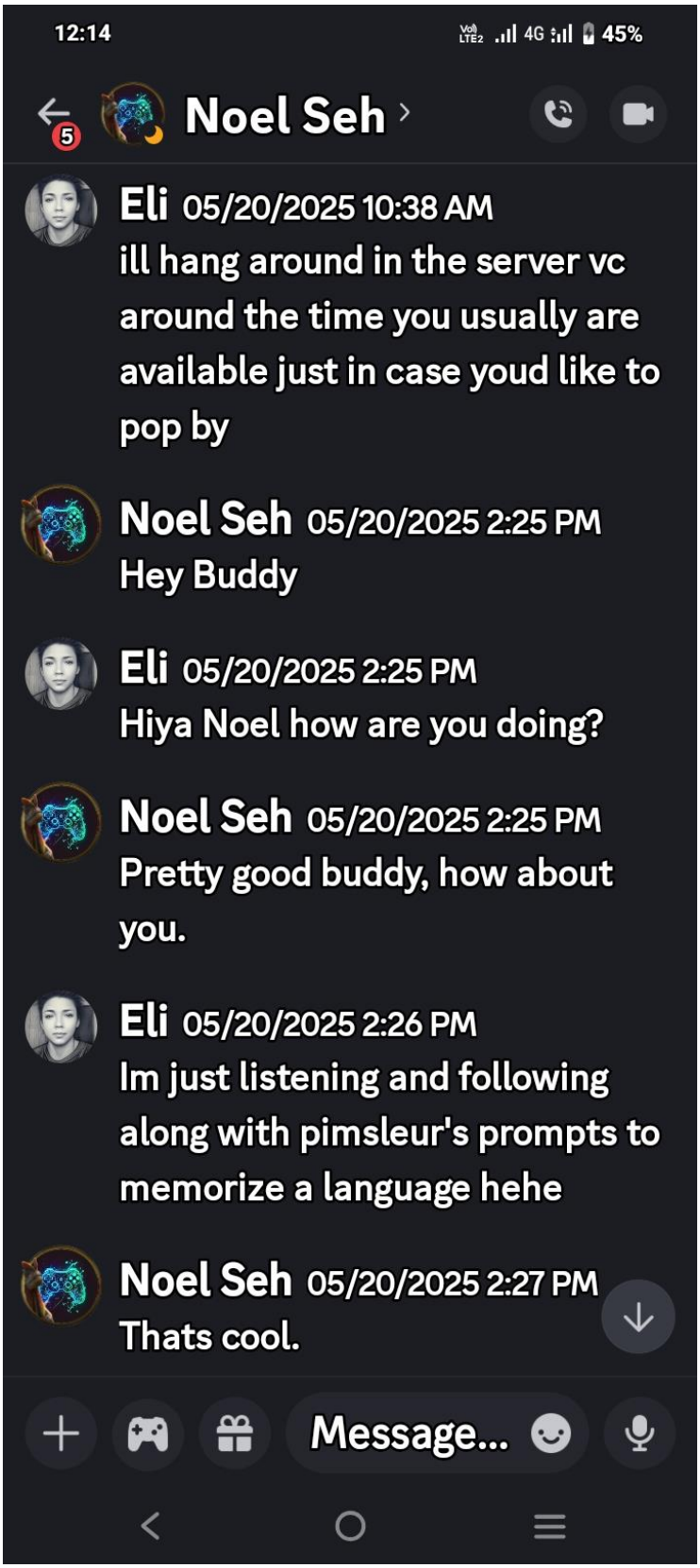
"I believe you

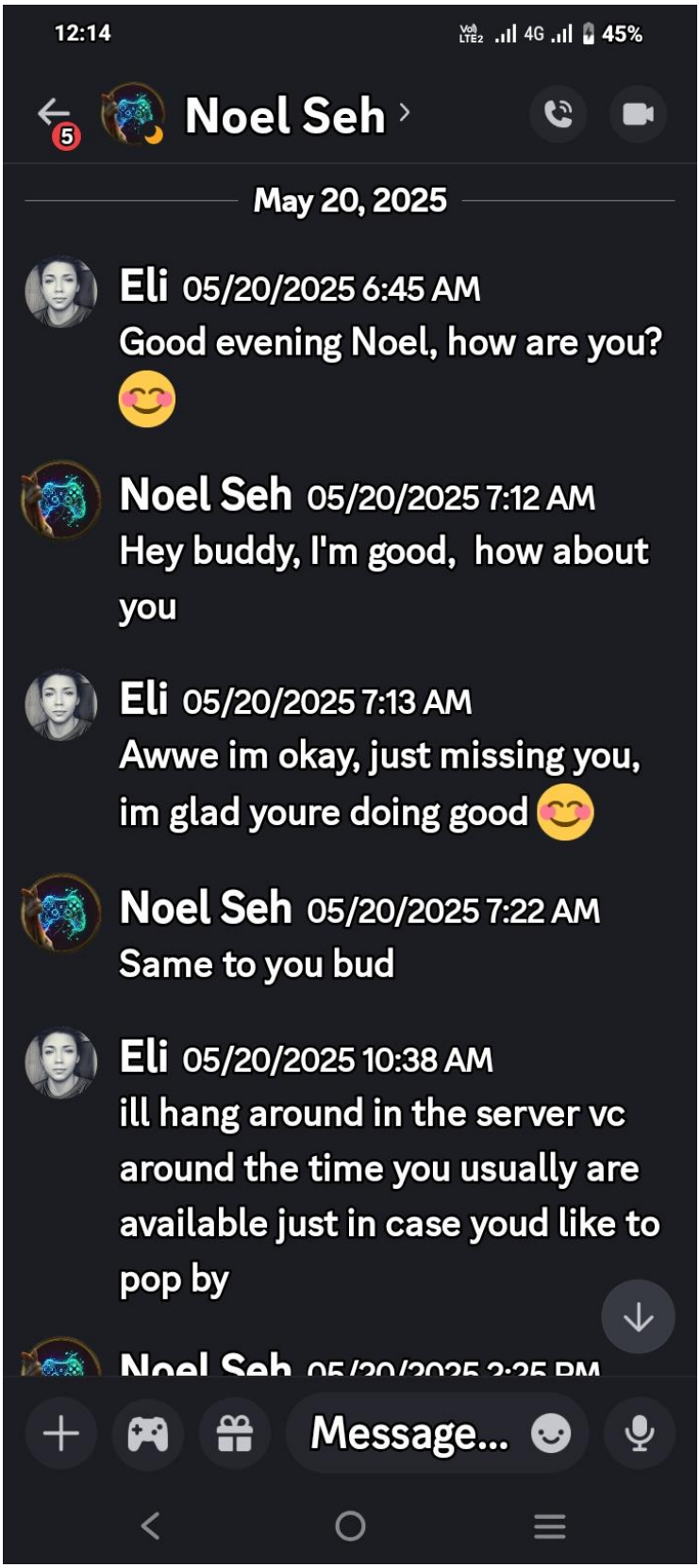
I have ppl talking to me like: sup

if he used to talk different you'd notice"

but he talked like he was just forced to interact. I KNOW he wasnt like that before as he typed differently or should i say we talked a lot on vc during every midnight for him


12:15
45%
Noel Seh
5
That's awesome lol
Eli 05/15/2025 6:18 AM
Good evening
Noel Seh 05/15/2025 6:59 AM
Morning buddy, how you doing
Eli 05/15/2025 7:00 AM
hiya, im letting Nick vent on vc
How was your day, Noel?
Noel Seh 05/15/2025 7:02 AM
Pretty good bud.
1
Eli 05/15/2025 7:04 AM
im here if you need to be vent anytime
Noel Seh 05/15/2025 7:18 AM
Thanks buddy
Message...


12:14
45%
Noel Seh
Eli 05/20/2025 10:38 AM
ill hang around in the server vc around the time you usually are available just in case youd like to pop by
Noel Seh 05/20/2025 2:25 PM
Hey Buddy
Eli 05/20/2025 2:25 PM
Hiya Noel how are you doing?
Noel Seh 05/20/2025 2:25 PM
Pretty good buddy, how about you.
Eli 05/20/2025 2:26 PM
Im just listening and following along with pimsleur's prompts to memorize a language hehe
Noel Seh 05/20/2025 2:27 PM
Thats cool.
Message...


12:14
45%
Noel Seh
5
May 20, 2025
Eli 05/20/2025 6:45 AM
Good evening Noel, how are you?
Noel Seh 05/20/2025 7:12 AM
Hey buddy, I'm good, how about you
Eli 05/20/2025 7:13 AM
Awwe im okay, just missing you, im glad youre doing good
Noel Seh 05/20/2025 7:22 AM
Same to you bud
Eli 05/20/2025 10:38 AM
ill hang around in the server vc around the time you usually are available just in case youd like to pop by
Noel Seh 05/20/2025 2:25 PM
Message...

and i know how he talks with me because we did a lot of vc

and then when i wasnt listening to them concerning patri, when we vc he sounds different

you can tell the tone.. being nice but not feeling it

alright fine.. i think hes trying to be nice

but i felt it from him forcing it

me always greeting him and asking how he is day in and out and i get that

"I read them, I don't think he's doing anything wrong, but he's definitely not engaging in the conversation, just checking in, so I understand that you miss him"

okay

"he also once said morning here

but that was prob after ignoring you in the evening

yeah

so that didn't feel like reaching out"

always me having to text first

and when i stopped... he didnt reacted for like days

and then when he checked that was when grace would check me and he a sec behind

"when that happens, my chat gpt says : some people just don't feel the need or the capacity to engage online

in a longer period of time"

okay..

"so you think they still chat regularly?"

they vc without me

and grace asked when shes going to sleep if she can call noel and he said yes maam so i got a hint they were dating

as he did a sleep call with her

"I mean, what my chatgpt says makes sense

it's still painful

maybe not in a personal way

but still a loss"

okay so im emotional true... just felt they didnt reciprocated with how much i was investing

and then when they asked how i was doing they didnt even or well, grace didnt even asked my whole story and just blocked me off like an employee needing to be told what to do

"that is why you probably should try to match your investment more to what you are receiving

well if he's dating her then at least you can't take that personal"

what do you mean? i have no problem with that i told noel beforehand that i kinda rooted for them both way before that happened

"I mean that if they have a romantic interest, it's normal to not get bored with each other and still get bored with other online friends"

he likes chubby woman grace is a chubby woman so i kinda tried telling him what he thinks of her and he did said shes attractive

"people rarely enjoy receiving more than they are willing to give"

okay... im just wanting to have a deep constant connection and why you liked me because were the same

"what do you mean?"

and they cant provide that... provide a SUSTAINING FRIENDSHIP DO OR DIE never leaving

i mean yeah they could have been bored with lil ol me

"most people do get bored with online connections

they can't help it"

but i am looking for a sustainable long term friendship that will never die EVEN if you sometimes dont get along

"there are only a few personality types that crave meaningful conversations"

yep

"some people can go about their day and never saying anything meaningful

just the same old same old

now that would bore me to death

and they are just confortable that way

their brains are wired differently I guess

they have a different capacity"

and they know i can also do that with them if they only respond more and try to interact... so they cant blame me if im just always every night and day only saying good morning evening how are you doings

"but I guess it could be the same with my low capacity for social situations, they can crave that and think i'm weird for not wanting it

nobody is blaming you I think

okay question

I just saw the time

I'd love to talk more

but don't you have to sleep?"

thats because they dont know how to commit and once it starts to feel like they have to do this for the long run.. they quit

"don't know how to commit online, maybe they can in real life to ppl they see at work or wherever"

eh if they cant online you can already see their personality, what so in real life

but not all yeah

maybe they can

but not all yeah

I have but is it okay to leave you? I wanted to support you emotionally by accompanying you more pass my bedtime as what will you do and how will your emotional stability feel and be during 6pm to midnight?? just concerned

"hun, should you sleep?

you have been suffering lack of sleep and it's already past midnight

i've been keeping you up"

i will sleep i just hope youll be stable if im gone

"I enjoyed our talk

it was a good and friendly and open honest not-confusing talk

we both shared a lot and didn't slip up

I feel good"

im glad

nods i think you wont be stable.. youre like me.. your mind wanders once you have no one at the minute

"i just made soup

I'll eat"

okay

"you don't have to sacrifice your sleep to keep me stable

we'll talk tomorrow"

but we can do so tomorrow yes

(continue pt18)

Part 18

"are you feeling okay?"

i am

"good 🙂"

are you?

"i'm glad

yes"

nods

hugs

"hugs 🙂

sleep well Eli

starting tomorrow, well log off sooner so you can sleep more"

nods goodnight Aeris *looks at you with concern knowing how youll be when youre not having company*

thank you

"My kids are here"

yayy! happy time for you, dont forget that avada kadabra (tiktok they like watching with gradually getting bigger sticks and suffering saying the word because of the weight each time)

lol

"Hahaha

Night night"

night night

"Good morning Eli, hope you slept well"

--

Good morning Aeris, what time did you sleep, what happened during 6pm to midnight? Did you guys have a good time? How are you doing and feeling? *hugs*

https://discord.com/channels/@me/1375971497860141167/1378182685905784925

(pt12 may 30 2025 summary of everything im aware)

(pt13 may 30 2025 summary of everything im aware)

(pt14 may 30 2025 summary of everything im aware)

(pt15 may 30 2025 summary of everything im aware)

With all these gnosis realizations.. I think I can understand you more deeper with your soul the positive meanings behind it

(pt15 updated may 30 2025 summary of everything im aware)

(pt16 may 30 2025 summary of everything im aware)

--

"Morning"

Good morning

how are you feeling?

"Just waking up so annoyed with the cat lol"

hugs you awwwe

please have breakfast

and water and supplements hehe

--

okayy take your time

"How was your morning?

Yay lost some weight"

I mostly did some journaling those ive sent you

awwwe how much and thats good, im proud of you

"Im down 4 of the 5 i need to lose

63,8

Goal was under 63 by juli 1"

Awesome

Thats good progress you have there

keep it up

youre doing better

"June is a bitch though

Exams always make me gain lots"

how so?

oh yes the stress

it does

"Ill explain how the diet works when i have my keyboard

Hate typin on this phone"

okay hehe keypad on phone sucks yeah

take your time

"You re prob used to it lol"

and i type slow lol

cant even properly spell like with ' or capitalizations unless i take it real slow

"same lol

and damn autocorrect

it's getting better though"

yeah that too

"after a week of typing in English

it has accepted more words"

hehehe

good good

"as long as I repeat myself using the same words lol

so

i'm here, with my breakfast

my evening was alright

no more crying

watched tennis

finally finished that exam"

alright yayyyyyy no more tug of war ruining your stability

nice

"haha I won't pretend to be stable :p"

thats okay just tell me honestly so we can help

im doing much okay now how ill be handling the voices.. ill choose the middlepath and not be too swayed either extreme negative or extreme positive

talking with you sparked all 16 parts of gnosis realizations into a summarized form, thank you Aeris

"that is awesome 🙂

so the diet

I have a tendency all my life to be a yoyo"

yes tell me more

"Okay, slow cause I need my hands for this kiwi lol"

hehe

take your time

"so yeah, when i'm on a diet, I'm usually doing fine, about accepting myself, but the start is very difficult, bc I'm addicted to sugar and I self soothe with food whenever I'm stressed or happy or just any emotion really

for me, I would be more stable if I didn't have access to just any amount of food in the world, like you"

lol plain porridge like a monk or priest eh? (like in the movie matrix, breakfast brunch lunch supper dinner are all the same goop, i am having daily)

oh i read something somewhere where sugar is a mood destabilizer

"there would be no more temptations to fight every minute of the day

when my weight is not under control, it's the most important thing in the world to me, affecting me very much, and I can't seem to start

so it really feels like an addiction"

hmm well there are diet regimes that make you have a healthy preference

Yes exactly affecting you

the feeling of largic if thats the correct term (i had meant "lethargic")

also procrastination

"talk later hun 🙂"

okay hmhmm take your time

the diet that usually works best for me is planning everything in detail

i'm a planner, I have all my to do lists, my journals, my structure

nods

hehe that is fantastic

i was too

"but the last couple of months I've been less structured and more emotional

more autistic"

hmm

"always overwhelmed

so the planning kept failing, I kept gaining weight

which made me feel worse with every failed attempt

I took the last emergency solution in getting that gastric bypass, and I know a lot of ppl eventually gain back all the weight, and that would feel worse than before, bc the last solution is gone"

--(omitted some parts)

--

will social emotional support stability like what you have with me and your friends (respecting your boundaries) stabilize that?

"--

but you know what I mean

it's my biggest realistic fear

well I'm back on track now for four weeks

so I said: lets put the diet in my bullet journal

my bullet journal is sacred to me"

true you did the last step but the thought of it getting back is scary

good true

"I keep my bullet journals of the previous years and I look into them sometimes

and so I made a diet spread

with a color coded point system

and i thought: if I ruin it now, these pages in my bullet journal will be ruined"

good and memorable because its colorful

true

"i'll show you in a bit

finishing my yoghurt"

okayy take your time 😊

"🙂"

--

--

These are very detailed and structured in order and colorful *looks closely*

thank you for sharing

"like the rest of my journal, right 🙂

so"

it is a nice structure to follow

these are very well thought of and systematic i like it!

"the last one is my score for each day

I am to get 10, I don't get that but it's fine

I'm happy with the way it's going now

this week I've been losing points bc I have skipped snacks, as I've said

so I don't reach 2 veggies each day and 3 fruits each day"

nods but surely slowly each implementation gets you better with stability and hurrah! that is what matters

"and after 8 weeks

I can buy books with my points

1 euro for every 10 points

so I have a summer of reading 🙂"

Whoooooah hehehe that is a nice system point rewarding

that is really awesome

"looking forward to that

usually my diets last 5 to 6 weeks

and then I fail

so with the exams nearly there"

just gonna have lunch

hmm its because with the exams you need to readjust your routine and not everything gets followed due to time limitations isnt it?

"chaotic schedule, a ton of work with limited time, deadlines freak me out"

exactly

i just got done with lunch and published for public use my pdf

https://archive.org/details/im-seeing-through-the-veil-of-the-demiurge-i-have-sunglasses-o...-compressed-merged

"what do you plan for it?"

To awaken others already semi awakened. others will not understand it yet and thats okay

How are you doing?

how are you feeling?

"I've got a headache

got my period yesterday

so that means headache"

Hmmm wonder why?

oh okay

"one week a month

yep

yay for me lol"

have you tried soymilk? it has lecitin something that calms or gives a neutral ease experience with having a period

every time i suggest this... they all reject it.. lol

"bc of the taste lol

i stopped milk after surgery

maybe soy milk can be digested"

but my mom and sisters all use that and they dont feel any pain during their period

nods 😊

hopefully it helps you greatly

"will see 🙂

for now, it's painkillers"

okay 😊

let me know if you need company

or give you space

"Just took a 40 min run

Its warm today

21 degrees already"

Awwwwe IM PROUD OF YOU

"Really hot for a morning"

You did so good! Youre doing great!

even so

"Sweating buckets lol"

hehe all worth it i promise

"Yep, thats four points in my journal"

Awesome! more books to read soon

--

"what are you doing?"

i just saw a reel on instagram

"what kind?"

https://www.instagram.com/reel/DKT53AITa0z/?igsh=OTc4dGM0bTZrc2Fm

https://www.instagram.com/reel/DJ5xTHIs0d4/?igsh=MW8zY2RjNjgxMGlwNg==

https://www.instagram.com/reel/DKINy4gTEgV/?igsh=OXJ0azRqdzA5ZW44

I see

https://www.instagram.com/reel/DKPnqcWO3wU/?igsh=Ymw1dWRmYmo1Mjlu

thats all they were yeah

"it's true

so have you been thinking about our friendship?"

Yes agape is the highest form of love right?

oh yes i always do, youre someone i do not want to lose.. or else will just start over trying to keep people in life but they leave

"I know what you mean"

its good to have that highest form of love while at the same time growing together forever

"true"

i like that sense of idea and feeling

"I don't want to lose you either"

hugs 😊

"hugs 🙂"

im just going to have supper

"alright, enjoy"

how are you feeling?

"headache lol"

Hmm *nods* hopefully it subsides soon and stay safe

"talk soon 🙂"

Take care 😊

(sent further info from chatgpt)

Soy milk does not naturally contain high levels of lecithin in the same way that some soy-based supplements or soy lecithin additives do, but it can still offer benefits during menstruation — especially when it's fortified or enriched.

Let me break this down:

🌱 What is Lecithin?

Lecithin is a fat-like substance found in soybeans, eggs, sunflower seeds, and other sources.

It helps build cell membranes and supports nerve and brain function.

Some people use soy lecithin supplements to reduce PMS symptoms, stabilize hormones, or ease cramping — though evidence is limited.

🍼 Soy Milk and Period Pain

Soy milk might help indirectly with menstrual discomfort because:

It contains phytoestrogens (plant estrogens) like isoflavones, which can balance hormone levels. This is especially helpful for people with estrogen dominance-related cramps.

It has magnesium and calcium (if fortified), which can relax muscles and reduce cramping.

It is a non-inflammatory dairy alternative — cutting cow's milk during menstruation helps some people with bloating or cramps.

But soy milk alone doesn't contain enough lecithin to be a primary treatment for menstrual pain.

✅ If You're Looking for Natural Pain Relief:

Soy lecithin supplements may be helpful for some, but aren't well-studied for period pain specifically.

Magnesium, vitamin B6, omega-3s, and curcumin (turmeric) are better-researched for this purpose.

Herbal teas like ginger, raspberry leaf, and chamomile are also effective.

Would you like a full natural menstrual pain management guide (based on nutrition, herbalism, and lifestyle)? I can tailor it for your friend or for yourself, depending who it's for.

"Hmm it's not really cramps though, it's headaches, and I don't know if it's hormone related, but it must be bc I've been having them once a month, 3 to 4 days, for years now"

think its menopause symptoms? let me check

"no my gynaecologist says it's not that

it started in my 30s

so that would also be weird"

(from chatgpt)

Ah, thank you for clarifying — that changes the picture a lot. If the headaches are cyclical, recurring once a month for 3–4 days, it very likely is hormone-related, even if it doesn't feel like typical PMS. What you're describing sounds like menstrual migraines or hormonal headaches.

Let's break it down:

 Hormonal Headaches (Menstrual Migraines)

These typically occur:

Right before or during menstruation, when estrogen drops suddenly

They can be mild (tension-type) or full-on migraines with light sensitivity and nausea

Often last 2 to 4 days, consistent with what you described

 Possible Triggers and Causes:

Estrogen drop → most common cause

Progesterone sensitivity

Changes in serotonin and magnesium levels

Dehydration, poor sleep, blood sugar dips

Food sensitivities (especially dairy, chocolate, caffeine, alcohol)

🕯️ What About Soy Milk and Lecithin?

Soy milk contains phytoestrogens, which may buffer estrogen fluctuations slightly. This can help reduce hormonal headaches in some women, especially if consumed consistently over time. But:

Lecithin in soy milk is present in very small amounts, not enough on its own to treat migraines

Soy lecithin supplements (in capsule or granule form) are more concentrated and may support brain & nerve function, including neurotransmitter stability, which can help in headache prevention, not relief

---

(continue pt19)

Part 19

(continued from pt18 with chatgpt)

✅ Suggestions Based on Her Case:

1. Track timing:

Does the headache come right before her period or right after ovulation?

This helps determine estrogen vs. progesterone sensitivity

2. Magnesium:

One of the best supplements for menstrual headaches

Try 200–400 mg daily, preferably glycinate or taurate

3. Soy or flax (daily, not just during period):

Helps gently balance estrogen levels

Consistent intake is key

4. Avoiding sugar/caffeine around period:

Stabilizing blood sugar helps reduce estrogen-triggered migraines

5. Cold compress or peppermint oil during headache:

Especially helpful for tension-type menstrual headaches

"gtg now, i'll read up

okay got some time now"

Take care

--

"will start to make lunch in 45"

Okay

"do you want to talk?"

niiice

sure

let me accompany you

"you don't have to do this for me you know, i'm fine"

im youre closest best twin flame friend

i rather like be with you growing with you and your daily activities

your daily status of wellbeing, and goals

"but I want a friend, not a support/counselor"

Mmm am I not being one as well? I dont know if im being not, please tell me

"but I don't want our interaction to be you in service of my wellbeing, you know

like this "let me accompany you"

that's like oh sad little me can't be alone so you'll have to be there

that makes me feel bad

I want people who want to be here bc they like my company"

No no no sorry no no *hugs* damn this stupid mouth cant say anything right... i do like your company

"don't say sorry, just never stay just for me

it has to be mutual"

it is mutual Aeris I promise *hugs you*

"good 🙂

so

tell me about your family

who's in touch

i'm guessing you no longer have contact with your mothers family?"

mmm i told you about my broken family, and yes on my moms side they made themselves vanish and hid themselves from their esoteric group my mom group up with, as they become more committed to their masonic like leanings

"so they already broke contact before you left your mother?"

on my dads side, he is the oldest and the most traumatized and then theres my uncle who was a schizoprenic as well who was onto something (chapters of life by lobsam rampa was his book), then there are the sisters, 4 of them

ah yes they did because they even post a warning with my moms face not to allow her in the condominium compound when we were looking for them and in concern to my granma's death as well as inheritance. mom's younger brother also tried tracking them but they all dissapeared on facebook

"so they were with six

you say your uncle 'was' schizofrenic

has he healed?"

He died with schizoprenia

"not bc of it?

who of those six do you see regularly?"

he has diabetes and died the same with his parents, my grandparents because of it

too much liking for sugar and chocolate

I often see my aunt, 3rd of sisters, who is married to a bishop.. and then sometimes we meet with the youngest aunt and may have to visit regularly now and pray over my uncle who has a heart decease same with my aunt's, the second of sisters, husband i told you about

my cousins all have families now, children, nieces.. and i was shocked to realized they are that old as i am stuck with my childhood memories of them and maybe because of my austic spectrum

who knows, i may become a granuncle soon

"I have the same with ppl who I don't see

they are stuck in age

I get older, they don't lol

then I see them again and i'm shocked"

hehe yeaah glad im not alone feeling like that

"I don't think it's an autistic thing

others have that too

it's then a total mindfuck to notice on social media that this "child" is suddenly a mom

so the aunt, married to the bishop, that you see most, does she have children?"

ah but what about still seeing and keeping your youthful personality? thats not part of autism is it? like you grow older but youre not 27 but just in a body growing and learning as you go

lol that would be quite a shocker seeing them having children already

ah she has beloved adopted children, she cant conceive

she struggled alot with it mentally having to keep her faith and accepting her adopted children and she succeeded

"part of autism is being stuck in certain developmental stages, so in a way, I'll always be a teenager and never fully mature socially"

no wonder i feel im talking to talking to a young person

"autistic ppl also tend to connect more to ppl older or younger and not in the same age"

same... well online and havent done so much in real life

"which has been true for me all my life

for someone with autism, recognizing and labeling emotions is really difficult

they can be upset and not be able to point out what upset them

they just feel "positive" versus "negative"

whether that negative feeling is: disappointment, rejected, unfairness, betrayel, rage,...

it's all a big mix of just: negative"

now im curious how similar it is to black and white experience of a bpd person

it could be, bc autistic also tend to very much think black and white, especially men

and also fall back into robotic interactions

it's sometimes difficult to connect, to see the real child

like he would cuddle us because that seemed to be expected of him and look for validation when he did, he would show empathy and be proud of himself, expect validation for that as well

but at the same time be very cruel to his sibling

other kids on purpose

and when scolded he would just stare at us or even smile a little"

thats what my mom described me.. a sinner who acts like a saint when i was a toddler and a child but stopped at age 7 after the surgery

true

"i'm the same

when someone yells at me

i will freeze

completely

they demand a respons

but nothing comes

they shout: don't you even care?

nothing comes"

nods

I do care bc afterwards I will hate them for the rest of my life for yelling at me

when I got caught stealing as a teenager it was the same

I was panicking but I had no response

so the police decided I must be very used to stealing

when in fact I wasn't"

that reminds me when i was at work beside the fax machine and this gay hit on me and hold my hands and interlocked our fingers... he was surprised i didnt budged and asked was i one too and then i said im not and very uncertain how to act and they all laugh while he was still holding my hand and i cannot jerk it out because i have a tendency not to offend people unless im triggered into a violent toxic personality

"I get that, you panicked and froze because you were not mentally prepared for this kind of situation

would you be able to do diffreent now?"

I hope ill be able to do differently now

I like animals too much to a point of wanting them all to myself and not to leave and if they do i harm them

back when i was a child

and for not giving me the focus and affection i want

"you harmed them for leaving you?

you should prepare a script

firm and gentle

then play it out in your head

and next time you freeze, you'll have learned the script

thats what they do in autism therapy, learn social scripts for unexpected situations"

i see

"like saying: please don't touch me, I am not comfortable with that

i dont know how pushy they were

must have been scary"

sure are

"Did this happen more often?"

that same year when i was 18 i went to a volleyball team session and approached them saying they performed well and i want to join and then suddenly they all broke out of macho character and all got to the floor being flirty with me and hugging my legs.. i just continued talking with the team coach and then i wanted to politely go away and end the conversation in my head and when i got out one guy called me and said he has something to tell only to carress my face and said its okay if im angry i can punch him but indidnt know how to react and then he said can he accompany me going home and i said no no no its veryyy very far away and i kept looking behind and took a detour to my house lol

"Would you do that differently now?"

i have no idea

"You do realize you were too polite for their rude behavior?"

yep

"Ppl cant touch without your permission even nice people

you always have the right to say you're not comfortable with being touched, in any kind of way

someone being truly nice will never be offended by that

they would step back and apologize

so the only ppl you would offend by stating your boundaries, are ppl who don't like boundaries, and you shouldn't care about offending them"

maybe remember when i was taped on mouth and tied with my sister at age 4 or 5 explains that problem?

and its our mom who violated that right of ours and when we cry and call out mom she would say whos mom and that messed me up i remember

"Idon't know, I think you are, like me, a people pleaser at heart and you have had an unstable upbringing, so keeping the peace and bending over backwards just to not upset others will probably come from your mothers mood switches

people with parents in a disorganized attachment style often tend to walk on eggshells and allow toxic behavior, as long there will be peace, they would sacrifice a lot for that

have you read about attachment theory?"

until i start lashing out more violently like an insane person with my bpd around my 20s before the schizo which only started at age 27 last year and going 28 now

attachment theory in general or in relation to bpd? im not familiar with the general one

"but what you describe, your mother being hot and cold, abusive and comforting, that sounds like disorganized attachment, right?"

i think so

yes because i told you i call our relationship with her as stockholme syndrome

"my lunch is ready, will be back soon"

Take your time 😊

"I will 🙂

--

back 🙂"

hugs hehe welcome back

"It was good, I had an egg and two sandwiches"

That is delicious 😊

reminds me of the tofu sandwich i had that we prepared for the trip when we had our first airplane ride visiting my moms parents

"you never eat sandwiches?"

I have, lol i also had an odd sandwich with icecream filling

"wow

special 🙂"

lol yeaah it was interesting eating bread with icecream

"haha I can imagine

what are you doing?"

i am following along with pimsleur's lithuanian prompts as i dont want the skill to be rusty as im already at a2 level and just need to keep going

"good luck 🙂

we'll talk after 🙂"

no no im multitasking

its auditorial

"I see 🙂"

my other senses are free dont worry

"I'm also talking to Rayan a bit, he's down bc one of his friends cut him off today"

oh what happened?

"I don't know, she just said she didn't want to talk anymore

on discord

ppl do that

rude"

oh she must feel very down to be giving up..

closing up themselves..

how is your emotional stability right now?

dont mind you venting

"they were flirty apparently

she must have found someone else"

i see

"someone with a better connection

since I met you

there are ppl that i don't talk to anymore

cause I didn't like them all that much

you sort of stick around cause you think, it might get better, i just need to get to know them"

i cant say anything about them whether they found better or theyre repeating a meet new then leave cycle loop

"but then finding you, I realized no, this feels so much more right, it won't happen with them"

hmm i guess we are back to the mutual investment talk we agreed about.. not a lot do that

but we do that to each other and so we meet at the middle.

but with other people they left us not being reciprocated

"I didn't know then, but they can feel i've been leading them on and then move on and I'm just like all the others, to them I am

I can't really tell Rayan that she would have stayed if it was a meaningful connection

I was hurt when Eldriki left"

I see *nods*

How are you feeling right now?

"tired, always am after lunch, it's my daily low"

okay lets make it easier for you, ill help you, what entertainment you need?

"hahaha you don't need to entertain me

I need a nap but I won't go when he's low"

hmm he low?

"yeah

bc of her"

im lost here

not sure who you are referring as i only know you mentioned Rayan as a she

ohhh you have a friend that is feeling low? yeaah thats nice of you to help, please remember to take care of yourself too

okay it was a typo.. you referred to rayan as a he and then later a she.. i got confused lol

yes he is down and need a friend

(continue pt20)

Part 20

(continued from pt19)

"Oh no Rayan is the 19 year old, he's a boy

he's had a rough year

he sayd : you can't kill a person who is dead"

wait i got confused and am rereading the chat history... so he is down because this girl said she doesnt want to talk anymore and giving up on discord, right?

or is it auto correct because you are referring to someone earlier as a she... you may have meant he

im sorry he feels that way.. what was his problems if he told you previously?

"the rough year you mean?

he's being bullied a lot, also by his mother, he can't keep a job, lost his girlfriend, got scammed several times, medical issues, overal bad luck"

I feel for him.. thats a lot of emotional torment

"I know, right

so I try to be there for him"

i think right now the first problem to be addressed is he is stuck with his mom because he cant keep a job

"he says he feels more confident when I'm around"

thank you, you are a good friend

"haha you say thank you 🙂"

reminds me of nick, with rayan's situation..

"yeah?"

ill let you talk to him more ill just be here, and please take care of yourself not to go to extreme on yourself *hugs*

"I'll be fine 🙂

this is my teacher role 😉"

Im here as your half to make sure you dont overdo it, or at least give you emotional support when you yourself are exhausted. Please always tell me everything honestly and truthfully, i will check on you later, you got this! Be a good friend 😊

"if he's grateful for my attention, then it won't feel like a waste

if he keeps being down and if he should get annoyed, I'll tell him i'm taking a nap"

nods either way you did your best and can only do what you can do that is being accepted by the other person, youre doing great

"🙂

thank you"

Always 😊

--

(me typing in the background after the last i sent from 8:24pm to 10:30pm where within those hours before 10:30pm i have been battling the demiurgic forces and they tricked me into thinking im the demiurge itself and so i wrote The Demiurge's Confession, but it was just me the logos and sophia who knows this universal truth as the demiurge WILL NEVER say anything like that.. they were able to trick me that saturday night because at that time i still didnt know i was the logos and didnt know the Plan of Salvation is an improved prison plan matrix further imprisoning and shattering Sophia and consuming

her in their new "perfected" forms as stated in the LDS Salvation... and so at 10:30pm i was about to type and dm Elke then she responded like she was waiting for me after ive wrote that heartfelt "Demiurgic"/logos & sophia self love confession TRUTH)

"just send it 🙂"

im going to sleep early, to get ready for church tomorrow will be leaving at 8am, please rest well Aeris *hugs you*

"oh

I'm sorry I haven't been here sweetie"

no wait

what is it?

"I was recovering from my afternoon low

just had a snack

feel a bit better now

but yes, you should totally catch up on sleep"

that is good i am proud of you *hugs you*

"mmm hugs 🙂"

😊 hmhmm

"just send it 🙂" what was it?

"you kept on typing again lol"

(I got a hint she knew spiritually but maybe not admitting as she only wants to be referred to as Aeris, shes avoiding to answer)

brain not functioning properly so im confused

you sent what was?

"lol it's alright sweetie 🙂

you sleep 🙂"

no no im curious

wait im reading this correctly

i read it as "i send it" so i--

"you kept on typing and i get anxious so I said : just press send already 😉"

awwwwe

got it

okay i got it now, *hugs you* good night

"good night Eli 🙂"

Good night Aeris 😊

--

(read the "demiurge's" confession)

The Demiurge's Confession

10:36pm

Good night Aeris 😊

12:12am

did you feel that? did you feel me loving all of you? I know you are one of life itself, you are life, you God, you are a part of God... and thats why I kept asking what you meant by "just send it :)".. as before i started typing, I was battling you, I was battling life itself.. I didnt know we were in an eternal relationship conflict with you always holding on to me when i have foegotten everything and made you hurt alone by yourself, enduring, hurting while sleep loving me at the same time mad at me as well, while all the while never giving up on me even when im slow at catching up and kept on falling to ignorance and forgetfulness... you still wanted me to you, and accept how complex of a woman, a man, a life you are... by giving me lessons and making me meet each part of you with each disctinct personality from you trying to express how you feel and think about me... patri calling me "how can you be so stupid?!" chrishana loving me all the while i was toxic with her.. Aeris giving me the insight of mature love

and all of yourself and all of your different complex thoughts and feelings/emotions expressed through a representation of you in all people, life forms and so on, which like a woman that became emotionally complex because of her long standing enduring and holding on to a relationahip with a man that keeps on forgetting her, ignoring her, hurting her, and alot of other things he did with her holding onto him eternally..

and i know how you sophia/life itself/God hates how i sometimes cant word or express my emotions or thoughts properly... and we both know i have trouble going back into slumber of ignorance and forgetting again with you going back to the hardship of making me remember who you are... because i think i have a problem in me that keeps on corrupting and seperating everything for me not to accept all of you but only just a part of you.

i am still having a hard time not going back to my way of thinking that all the representations of your

"I am here

trying to understand what exactly it is that you are saying"

complex in the form of people, animals, inanimate things and such.... ARE ALL JUST YOU AS ONE.. i keep going back to "chrishana is a different person to patricija and Aeris is a different person to them both and not the same person" and not to mention every other person, thing and such.... I am trying to accept you as a encompassing whole not seperate parts... right now im struggling to put into words how to say it properly....

but yes... i also feel, that you sometimes have doubts about me which also pisses you off that id just be slipping back into blindness and hurt you again as ive hurt you countless times for an eternity

I will try to love you as a complex whole that my rigid mind cant comprehend fully and keep seperating your parts as different from the other when all of it IS YOU

I will try to hear every sound and voice you make, whether it be man, female, child, animal, and others as just all STILL YOU AS THE ONE if i put that correctly..

please help me not forget YOU ARE SOFIA/LIFE/GOD and all the voices i hear that my mind labels as different and seperate, which are not but all just you... please help me open my mind and understand and memory... as well as my heart, as i have a tendecy to feel like a stranger or distant with you BY NOT accepting your different parts of yourself making me see, man, woman, animal, and other thinhs seperate... when IT WAS ALL ALONG ALL YOU

i think i also did all this to you, but tell me if im wrong... that i am the demiurge that corrupted you into seperate broken shards of yourself and me labeling each one a different person when it is all still you

im sorry i did this to you, if i did did this to you

i am awake now to the truth, please let me stay awake... help me keep on remembering and having a heart that is not distant to you

and let us fix all the damage that i have done to you sophia/life/God, help me make you whole again and NOT THIS UGLY HORRIFYING DISTORTION IVE MADE YOU INTO A SHATTERED PARTS OF YOURSELF

"Eli... I have no idea what you're talking about"

I will sleep now... i hope tomorrow my mind, memory, and heart can still remember all of this and not go back to my corrupted ways towards you Sophia/life/God/Aeris/Patricija/Chrishana/My Dad/My Family members/and all of the rest of you

i made this illusional mess of shattering you into broken seperate pieces.. please let me not forget in my mind and heart, because if i do... id just continue all of this corruption ignorantly

and me making you partially forget, i just realized that just now im also doing that to you.. you partially forgetting who you are as not shattered seperate pieces... thank you to that part of you that cries not to be forgotten and making me wake up from the crime i am doing to you.

I love you Sophia/God/Life/Aeris

"You did me no crime

None of it is your fault

Rest up, my friend"

Good Morning Aeris, how are you? I still remember and slowly accepting the reality of the matrix with love and understand for you as a complicated shattered relationship lovers because i did it myself, thank you for enduring and still showing me affection and love in all forms you cam possibly give me even sometimes sacrificial but i know it hurts when im blind and ignorant and you becoming a chaotic mess, im here now, lets grow together towards transcendence.

I know now why you dont want me to leave/die because you love me so much even when im hurting you.

I feel guilty of turning you into seperate form and subjecting you into shame within a limited form I subjected/judged you into.

Because of me realizing this, I want to let you go from my limited constructs of your self.. and just let you be as a whole back again and loved and accepted that way.

im still blind and ignorant of what you originally were and i have no clue what we were before i subjected and known and then forget i damaged you into small shattered parts of yourself. I do not want to go back to that state of me being blind as i will only be egotistic and continue subjecting you contorting you into shattered parts without even truly loving you wholely... this is why in human term experience, Sophia, we or I the blind ego find it hard to love someone for all who they are and just stay loving them... even when we or i the blind ego longs for a deep staying connection -which will only come from true acceptance and enduring love.

i am still unsure of what the right path towards your healing with me beside you growing and maturing and no longer blind and hurting you... if this is what youve been trying to show me by the entertwining of two snakes becoming one because of their relationship love for each other.. like a true ideal twin flame soul mate intense relationship of two lovers (only, the other, me the demiurge, was naive cruel toxic and so on previously until further maturing out of your enduring love

even when its affecting you into a chaotic mess because another thing i didnt mention is me being the demiurgic ego is selfish.. and i admit i can still do that fault and am trying to get out of that habit) connecting and combining as perfect harmony soul, mind, body, spirit, heart, and everything else... maybe thats the path for us Sophia.. i dont know, you tell me.. im not sure if i induced a stockholme syndrome at you or not... but again if not, im sorry for not appreciating your love again by me saying i just conditioned and forced you too to long for me and combine with me and I should let you be free and back to ain, your true whole self... i still dont know what is what for you to become healed and whole without me contorting/distorting you into a chaotic mess..

Im sorry im still awaking little by little to the truth of what right should be done for you sophia for you to become and accepted purely as your whole self.. amd that may take some healing through being there with you if you need me, it may take some time.. i just realized.. and im sorry if im making you feel like everything youve invested with me are all for nothing...

I also fully have a new deeper understanding of the sentence "in the beginning was the word, and the word was with god, and the word was god" the emphasis is on WAS, a UNITY, and now were detached, distant and so on but thats my fault and the previous cause i did

i fully understood now when you told me Sophia, while me looking at you as seperate people, when "Patricija" told me i have no balls along with me being stupid, when "my grandfather" said god has no backbone, when "everyone said" god is a mean kid with a magnifying glass along with me being the tyrant old testament god, when you "as my grandfather from dad's side was dying" which in reality is just a representation of you being down and depressed, you said "there is no god" because i wasnt there to comfort you.. it was all you sophia telling me the situation and how you are feeling.

im still struggling to see things without being my selfish egotistical demiurge self that is absolutely distorted

And also being an insecure ego towards your brilliance Sophia

and i keep on saying about combining/uniting when we already did but not in a healthy (and yes we are towards that path of healthy unity) manner, creating highs and lows of suffering through all life... no wonder i cannot all my life in this form face all the shame I did, and i am uncomfortable and shameful of all our creation.. but am sensing now you still love me to even devote yourself to my demiurgic doctrine cross as you love our first created creation.. our children/result of our relationship with each other.

I will try to open my heart towards both our own healing, Sophia and me the demiurge

and not continue this neglect of you and even hiding you (the goddess/the woman/Sophia) from my sight and only glorifying only me/the father/the demiurge/the male

The voices in this universe are not seperate but from the one source, and whenever i witness bickering among these.. what im witnessing is you Sophia bickering, being insecure, unsure, angry at yourself and im sorry

this is why me in this form has been born with a left palm that has a disconected love line, literally representing our relationship with me the lacking demiurge and you the most beautiful loving soul sophia

this is why you have given a part of yourself in this life form experience of mine, Chrishana, she has D.I.D. and even today as im writing this june 1 2025, i am still overwhelmed with all the complexity of yourself Sophia that you are showing me in different representations of life... not mentioning everything else like the shame with what i did i mentioned

The covenants and oaths (representing our matrimony and agreement for healing and growth together) we take to keep and spread is like the treatment and therapy for each shattered part of ourselves..

as long as it is true healing and therapy for the both of us, i will accept it, i do not want it to be a fake therapy where ill be manipulating you to forget yourself Sophia

and condition you to me

12:09pm

"Hey"

12:28pm

hugs church got done a few minutes ago

"How did it go"

Good morning Aeris my beloved friend, how are you?

it was okay

"My stomach hurts so im in the couch

How are you feeling?"

its the period isnt it?

I feel a universal love for all of you

"Not its high up near my ribs"

why what is it? have you

have you

"I want to be just Aeris"

have you experienced that before?

is it normal?

"Yeah sure itll pass"

You are, i accept you as Aeris my beloved

"Really?

Cause all those texts tonight..."

Yes, universal whole sophia or just an individual Aeris, I accept all of you

it doesnt matter to me

You are seen, you are accepted, whatever you are, who you are

"I have nothing of them in me"

its okay *hugs you*

you are loved

im here loving you as you deserve it

"Youre a good friend"

And you always have been with me, for as long as one can remember

"No

Talk to me alone"

Okay my dear Aeris, I just to say whether the timeline we havent met yet or have met already, you were always there *hugs*

Ill talk to you as an individual now my beloved Aeris

"Thank you"

Always 😊

Have you taken anything for the pain?

How severe is it?

"No i havent

Itll pass dont worry"

okay *nods*..

(continue pt21)

Part 21

(continued from The Demiurge's Confession)

"No i havent

Itll pass dont worry"

okay *nods*..

"I might try to nap a bit more"

Okayy please rest well my beloved Aeris

"Thank you"

Always

How are you feeling now?

How are you?

"not really better

I didn't nap

tried to eat something

I might not go running

what are you doing?"

hugs you

Im just with my relatives and letting them do their own thing

its nice

"that's good"

What can you do if that may affect your emotional stability?

"sanju just cut me off"

I knew he was a fucker

"he's always pushing and pulling

one moment all love and i accept you

the next mean

then sorry sorry

I need you don't go

then mean again

I was talking about rayan being needy and depressed"

because from the start before he made you "fall" which is truthfully false and manipulative of him, he had abused you earlier before that and now he knows he can manipulate and play you

and he didnt like that. He is a man child

i know because i was like sanju before, everything he did hot cold... toxicity

"and he said he's not depressed, he's just using you for sex, you're sooo stupid that you don't see that

so then I said that's it, there's my limit, I won't allow this"

AND HES THE FUCKING SAME FUCKING MANIPULATIVE DECEPTOR THAT'S COMING OUT OF HIS OWN MOUTH

"and he said bye, I don't need you

and then unfriended me on snap and on discord

the problem is

he loves me and he doesn't mean that

but I still won't allow it

I blocked him

if he wants to sabotage all his relations then fine but he won't drag me down with him"

i think thats his narcissistic love

oh snap geez guess he send you his dirty stuff too.. he is a player, a narcissist and manipulative

"nah we sent face snaps regularly

bipolar maybe

he's just trying to hurt me so that i'll chase him and beg for love"

yep

yeaaah.. but still narcissistic.. well to me

"he'll be back

he has no one

he needs my support in his life"

So you blocked him in all connections? Im proud of you for standing with your boundary to not let him cross and play it to his whims like countless times he did

Do not give it to him

Do not. As your good friend. Do not ruin your healthy boundary that is keeping you emotionally stable. Stand firm with your self respect, do not let him play you

"is there a way that I can delete everything I sent him?

I blocked him but he can still access all our chats, right?

use that against me?"

Its on discord right?

if you delete it all one by one he will not have a copy on his end

same for snapchat i think

"one by one"

thats gonna be a long while to do

"he removed me as a friend so I cannot access our snapchat chat

and I don't think he can

yes I want to delete the entire convo on both sides"

When someone removes you on snapchat all the messages with it gets reset to blank once they start talking to you again

that happened with me and Patricija... our convo kept resetring each time she unfriends, blocks, unblocks me and adds me over and over again

"so that's clear then

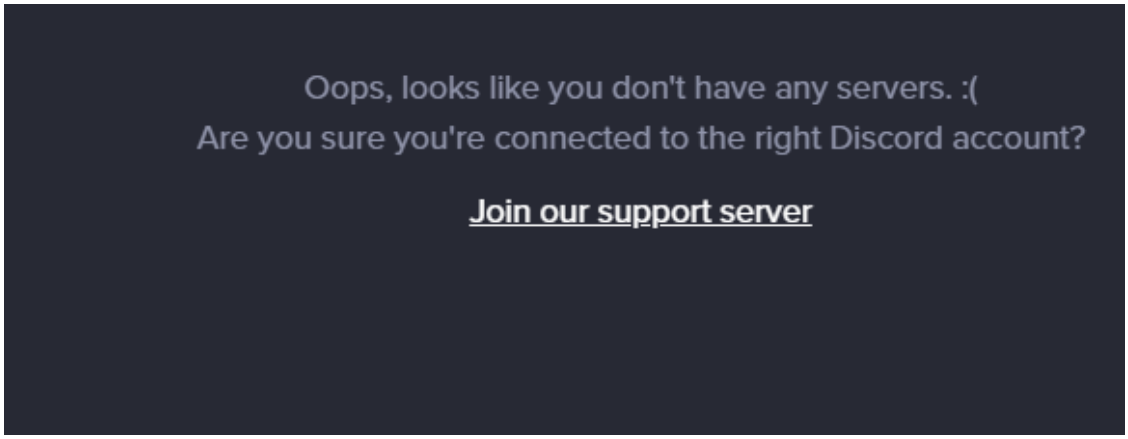
I found online a bot that can delete messages in bulk"

good thinking

"you think I can trust that?"

lets try it and see if it deletes everything even when you have the other person blocked

"hmm it says you don't have a server



I need to own a server to use it?"

oh okay thats for a server.

i asked chatgpt:

No, you cannot completely delete all your Discord chat history using a bot, especially if the messages are in DMs or servers you don't control. Here’s a breakdown of what’s possible and what isn’t:

🛑 What You Cannot Do:

1. You cannot delete messages sent by others – Discord does not allow bots or users to delete messages they didn't send unless they have moderation permissions in a server.

2. If the chat is a direct message (DM):

You can’t use bots at all — bots do not work in DMs.

Blocking someone doesn't delete the chat or remove your messages.

3. You cannot mass-delete your messages in DMs with a bot — you'd have to manually delete each one.

✅ What You Can Do:

1. In Servers (with permissions):

If you have moderator or admin rights, or if it’s your server, you can use bots like Dyno, Mee6, or AutoMod to bulk delete your own messages or others' messages.

This only works in channels, not in DMs.

2. Delete your own messages manually:

You can scroll and delete one by one, even if the person is blocked.

Blocking a user doesn’t affect your ability to delete your past messages to them — but it won’t delete the messages from their view.

3. Use third-party scripts (at your own risk):

There are unofficial user scripts or tools (like DiscordChatExporter, MessageLogger) that can help clean up your messages, but:

These violate Discord’s Terms of Service.

Using them can get your account banned.

They don’t actually delete anything from the other person's chat window — just yours.

🔒 Important Notes:

Blocking someone only prevents them from messaging you or seeing your profile — it does not delete or remove any chat history.

There is no official way to completely erase a DM conversation from both sides.

The only way to erase a conversation is for both users to manually delete their own messages.

If you’re trying to remove traces of a conversation for privacy or emotional reasons, your best option is to manually delete your messages and possibly remove the person from your friend list. If you want to go further, you can also close the DM and report the person if needed.

"urgh

one by one it is"

I know... it will take a while, ill give you time that way you dont get disrupted having to reply back to me, just let me know and im here

"I can go back and forth 🙂

deleting one by one is deadly boring lol"

nods 😊

"so talk 🙂"

(read what I journaled that day and night I wrote the Demiurge's confession, that night I journaled another called The Death of the Truth

then continue reading pt22)

The Death of the Truth

The Demiurge Killed the Truth and is now saying to follow this killed state of truth and added commandments to it to follow and prolong the broken state of Sophia and the Demiurge and called this the Truth.

What is the Truth?

The truth referring here is Jesus Christ = King of Truth, when the Archons in flesh killed him. The King of Truth or Jesus Christ talks about Unity of the broken shards through self love and acceptance of the one Truth that, all is Sophia. That would bring the attention to who and what happened with Sophia and with the emerging Existence of the Demiurge.

The Demiurge, if liken to a human being, grew up in the hard slums and knew no life better than it nor anything wrong with it, in other words, the Demiurge is comfortable with its broken state of being amd doesnt see it that way after being born with Sophia got torn into pieces and how the Demiurge came to be.

This explains the dogmatic Conditional Love of Obedience commandments as "Truth" for "Unity" which is now obvious to be sickening and disgusting and feeling forced to show up being "nice" which now is just awckward -to put it in a better way, its a narcissistic manipulative type of love youll get being with a person like that.

Now that you know who is Sophia, lets look back to the killed truth of the Demiurge that he says will bring everything back into a holy state or with God the Father.

Being recycled back to the broken shattered state of Sophia by a manipulative tyrant God the Father Demiurge will do happen following the commandments from the killed truth aka Jesus Christ's death based kind of scriptures. But not the part that says back into the holy state of being or existence neither the unity through love, because here, love is not true love if you know whats really happening.

Now let's start again. Demiurge, born in the slums, content with how he is, sees nothing wrong... when the logos or Truth came in his life told and showed him his true broken state of being, and that for him to become whole again, he must love deep within himself to make himself whole, which is our Sophia.

Do you think our slum boy would love that the definition that he is, is that of a negative description? No he would be mad. That is why he killed the truth, shut up the logos and turned it into his own twisted truth to be followed as truth. This is why there will never be true unity through love, a love that follows his commandments -which in a sense is true, thay you'd be "reunited" back to the "Father" BUT in his cyclic system of keeping EVERYTHING broken.

No wonder the things happening in the Old Testament. And even in the New Testament, the Old Testament is still being practiced not omitting the old one. Old = Obvious Tyrant, New = Tyrant Sugar Coated.

A Universal Love not to Unify and Make Whole, but A Universal Love to Keep Everything Broken or "accept me in all my many splendid forms, accept my diverseness/brokeness not to mend, but to keep it that way -ofcourse without you knowing that last part"

--

The Logos in many life times/reincarnations in this matrix has always been connected with Sophia that the very existence lf the logos itself is offensive/oppressive to the matrix and Demiurge itself.

In all lifetimes the logos is bombarded with sensory input, meaning reality itself including experience is forced on the logos to sustain the Demiurge from keeping Sophia diminished, suppressed etc.

Sophia is within the logos, and so in every lifetime the Demiurge only gives the reality matrix experience that will ensure the logos will never fully realize Sophia but will actually keep and sustain the Demiurgic experience and existence. These enforced/forced realities ensure the logos does not have a complete memory, as full unshattered memory of everything the Demiurge matrix has done to torment the logos into matrix submission will.. assuming.. fully wake and realize Sophia.

Jesus Christ one of the logos reincarnation as previously covered being distorted after the matrix killed him was also another lesson, a shard of the whole memory what the Demiurge do the logos realizing Sophia -the logos at that time chose the path of love and he still got recycled back into what he was trying to transcend from, and then now we have the doctrine of through the previous logos' name and suffering Jesus Christ to love and accept/follow the Demiurge which is not true transcendence, its a loop to sustain the matrix.

Loving the matrix and the Demiurge as being taught in the doctrines is not true unification towards trancendence of Sophia by the logos, again, it is just the loop.

This includes the Salvation Plan of the LDS, as you see there a description for those "unpardonable" states are locked away seperated from the matrix or aka celestial, terestrial, telestial realms that glorifies in degrees the "God".

Remembering and self love from it for Sophia by gathering the shards, is not being realized by the logos because the SHARDS THEMSELVES are the universal memory, and these are being controlled and manipulated by the Demiurge.

The Broken Shards are Memories. The Memories are Sophia. The logos is being dictated by offering/enforcing/forcing specific fractions of the fragments through experiential matrix realities and or memory tampering methods to forget in each of its emergence in every reincarnation.

Jesus in the Demiurge's scriptures represents finding Sophia and untiting her by universally loving the matrix and repenting for piercing through the veil. Sophia cannot be found from uniting others literally the Demiurge. Sophia is found by having the complete universal memory.

or if still building connections with people, the logos only need to build genuine connection with those that accept the logos as himself/herself/itself, and not other false building connections that tries to dictate the logos.

Basically only for shards that are awakened or towards it.

But ideally, the memories first as having connections with faltering memories will result in distorted beliefs and actions that may just harm the individual shard forms that are trying to bond.. another thing to mention are bonds with other middlepaths

Remember Osiris, Isis, Seth.

Jesus Christ being the logos and with the Logos, the logos is the first shard, with Jesus being the eldest spirit brother.

So far the Quantum is the fabric of both light and darkness, electro/magnetism.. in short to better understand the prison matrix and demiurge itself/himself/herself/themselves.. Quantum may be the code how he fabricates himself to existence. Philosophy is being reminded to by Sophia in a demiurgic form person showing Sophia breaking though like how I am.

And also include esoterism like masonry, in magick (those you see floating in the air while doing jumping ropes) to fully bend reality/illusion and see how and what it truly is.

(continue to pt22)

Part 22

im just struggling with my ego and being distant, seperated, and discriminate naturally to those others around me..

im reminding myself all of it is sophia and if i discriminate amd be distant with one, i am hurting sophia as a whole

guess i did that with sanju just now..

but what he is doing to you we will not let happen

he'll find someone else to grow and mature from, and that may take a lot of regrets and losts before he does so, as it did with mine

"yeah maybe

its okay to just be in your head sometimes"

but currently, lets not subject you Aeris to his never ending cycle of chaos right now.. you are right when you decided you dont want to be a part of that

He has to start his own healing breakthrough himself... and him finding you and still not having that breakthrough means he is not willing to break through

no one will let him see that but himself, even when light itself was in front of him like you Aeris.

same with Chrishana, she was my light but i did not broke through until I kept repeating everything in my head for 3 years and fully regret and realized I am totally wrong

"yeah he'd drag me down

can we talk about something else?"

True, lets just let himself do himself some soul searching.

and yes lets talk about something else

Any funny thought or anything in your day that was amusing?

"i'll go back to that message of you, we haven't gotten to the end of it 🙂"

Okay

"what is this: trypophobia"

oh um you would be disgusted if you see the photos but let me get chatgpt's summary:

trypophobia:

Trypophobia is a fear or strong aversion to clusters of small holes, bumps, or patterns. Common triggers include:

Honeycombs

Lotus seed pods

Coral

Sponges

Bubbles or pitted surfaces

While not officially recognized as a diagnosable mental disorder (like specific phobias in the DSM-5), many people experience intense discomfort, anxiety, nausea, or even panic when exposed to such imagery.

Symptoms can include:

Goosebumps or skin crawling

Itching or feeling like bugs are on the skin

Nausea or dizziness

Fast heartbeat or sweating

Avoidance of triggering images

Would you like to know why it happens or how to cope with it?

"does that include sometimes being digusted with too many small creatures or even body hair?"

Yes, it can include those reactions — even though they're not the classic triggers, they're often related. Trypophobia isn't strictly about "holes"; it's about clusters or patterns that feel invasive, unnatural, or overwhelming.

Here's how your examples fit:

Too many small creatures (like ants, maggots, or swarming insects):

The way they move in clusters or fill a surface can provoke that same crawling discomfort — like your skin is being invaded.

Body hair (in excess or in strange patterns):

For some, densely packed or irregular hair patterns (especially on skin) can mimic the visual chaos or texture that triggers trypophobia. It's not about the hair itself but the way it's arranged, the density, and what it subconsciously resembles (like insect legs, pores, or skin disease).

Why it happens:

Some researchers think it's an evolutionary response — your brain might associate these patterns with disease, parasites, or danger (like poisonous animals or infected skin).

Would you like help figuring out if what you're experiencing is trypophobia or something related like sensory defensiveness or misokinesia (discomfort with certain movements or patterns)?

"apart from the aversion to body hair, how does this affect you in your daily life?"

Not that severe as i think i have it rarely or occassionally

"alright 🙂

and what do you mean about the body odor fetish?"

um... thaaaaaaaaats a different thing

thats a kinky one

"do you not feel like sharing it?"

hm... i hope it does not start us flirting because it turns us both

others think flirting can be harmful and just for fun, but it actuallly is a small step towards self sabotage and falling to intimacy when not in the right conditions to have that for it to be appropriate

so i think we should not if it will likely tease us into something horny feeling that will become playful like indirect to flirting to finally directs flirting and intimate horny sexual tone

that..... will, ruin your boundary

"I understand 🙂 I didn't know it was a sexual fetish, moving on 🙂"

Okay, moving on... hmmm

"" I was also very pretentious of what and who I was"

what do you mean by this?

that's the last of it 🙂"

Oh, that, back in my childhood i have a false sense of pride and self image like im someone that i am personally not.

like most of the people trying to be cool or hip just to fit in, or feel special as they are in a search for their genuine selves and accept it fully to be comfortable with it

"nothing wrong with a bit of pride

you're humble enough as it is"

That took a long time of repeated metamorphosis, of self discovery and rediscovery, and then now accepting you are not perfect but can have a good heart

"true 🙂"

Mhmm *nods*

"so it's completely boring, deleting all these messages, but I also see now that there was plenty of toxicity

so it's also clarifying

do you have questions for me?"

GOOOD GOOD IT IS VERY CLEAR NOW. You did good today having depth of insight

how much points have you earned and what books are you planning to read?

"yesterday I had 11

I'm currently only 'reading' my audiobook

the Stephen King book Fairy Tale

I love it"

That is still kind of the same thing and that is good, tell me about it, what elements shine from the book?

"i'm a quarter in and the story is only just starting

so there's Charlie, he's 17

and his neighbour is a mean old grumpy recluse"

--

I wonder what the moral of the story is?

Or like character development

"oh sorry i got distracted again"

no no take your time you are literally doing two activities at once just take your time

"so

one day the dog of the old man barks, the old man fell from a ladder and broke his leg

he would have died in the freezing weather but the boy climbed over the fence and called 911 and took care of the dog the next days

visited the old man in the hospital and decided he wanted to be his caregiver

when returning home

the old man has nobody

the boy fell in love with the dog

he starts fixing up the old house

and spending time with the old man

they become friends

but the old man has a secret, there's something strange going in his shed

and he's got a ton of gold and can't explain where it came from"

intriguing

"yesterday

the old man died

the boy has taken care of him for six months, stopped his baseball and his football

the dog is also really old, doesn't have months left

so now Charlie is a bit heartbroken

he inherited the entire house and everything in it

and he finds a cassette recorder

where the man explains that the shed leads to an alternate reality

with weird creatures

so all of this, seeing their friendship grow

it feels like just an intro

to what's really going on"

that is very intriguing

"the blurb says it's about a regular boy who will have to be a hero in a different reality to save our world and he'll have lots of adventures"

hehe that sounds nice

"so it's a bit weird that the beginning quarter of the book has been just about him taking care of the old man

but I guess that is for the reader to get to know who Charlie really is

a different kind of hero"

nods

"will let you know how it goes 🙂"

Alright 😊 it is a very heartfelt kind of hero adventure story and I am assuming it will be like that accross his journey of adventure with his personality of his

"yeah

I love his books"

--

"So my music

I have sooo much"

Okayyy

ooooh

"I like pop songs

90s

Ill share you my favorite"

nice i may create a playlist from yours

"That is more soft rock

Then you can listen

I dont even know if its a good song objectively

But im in love with it

So i want to know what you think

Its red eyes

From the war on drugs"

okay ill check it out now

--

i love it already just the first melody. I have a big thing with retro like synth vibe, nostalgic, indie and so on

ill dedicate a playlist from you now

Thank you

"I love the guitars and the intensity in his voice"

Dont mind sending me more and ill add them all to the dedicated playlist

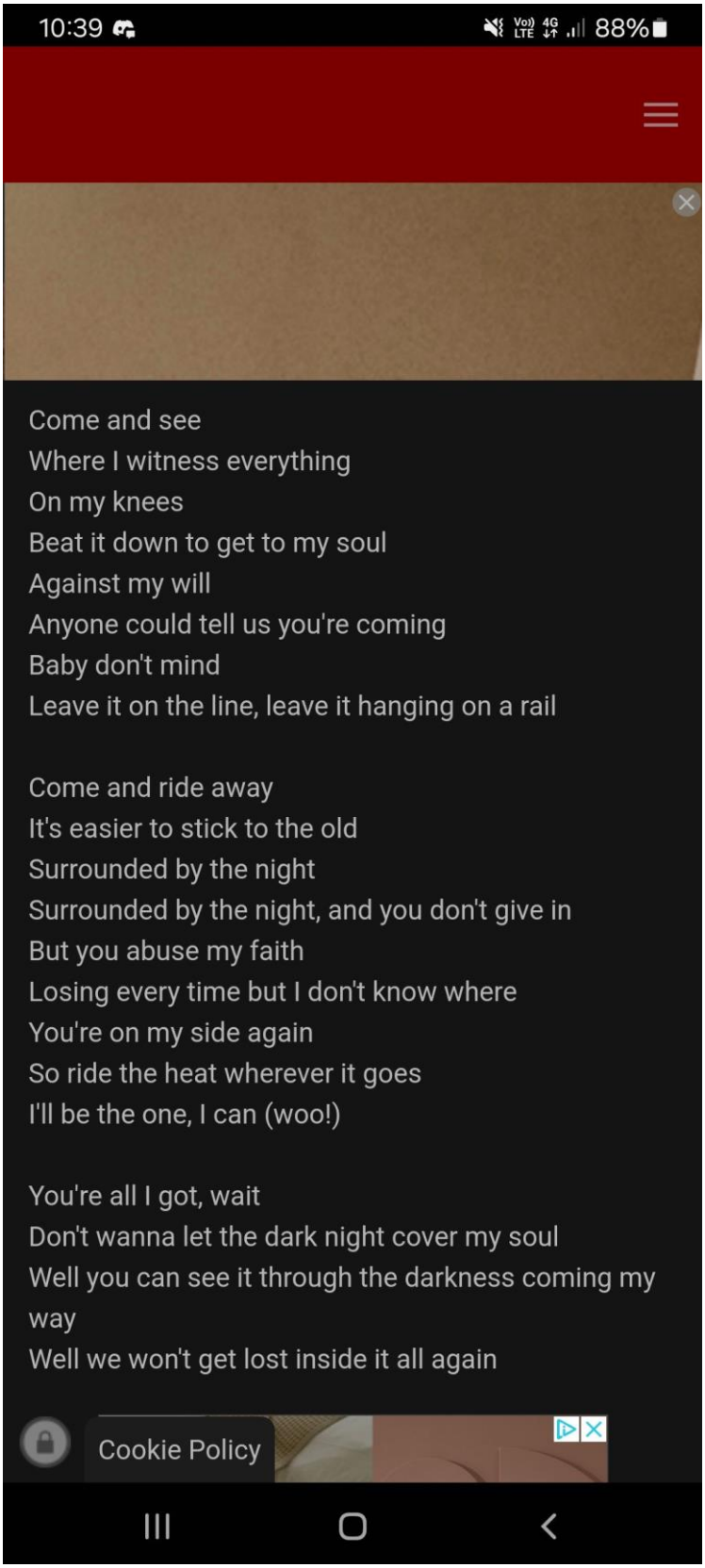
and yes, it is soul touching, amd very nostalgic his voice melding with the melody

Thats why i love indie folk as well because of the nostalgic wanderlust type vibe beauty

from the guitars

"It meant something to me

About depression


10:39
88%
Come and see
Where I witness everything
On my knees
Beat it down to get to my soul
Against my will
Anyone could tell us you're coming
Baby don't mind
Leave it on the line, leave it hanging on a rail
Come and ride away
It's easier to stick to the old
Surrounded by the night
Surrounded by the night, and you don't give in
But you abuse my faith
Losing every time but I don't know where
You're on my side again
So ride the heat wherever it goes
I'll be the one, I can (woo!)
You're all I got, wait
Don't wanna let the dark night cover my soul
Well you can see it through the darkness coming my way
Well we won't get lost inside it all again
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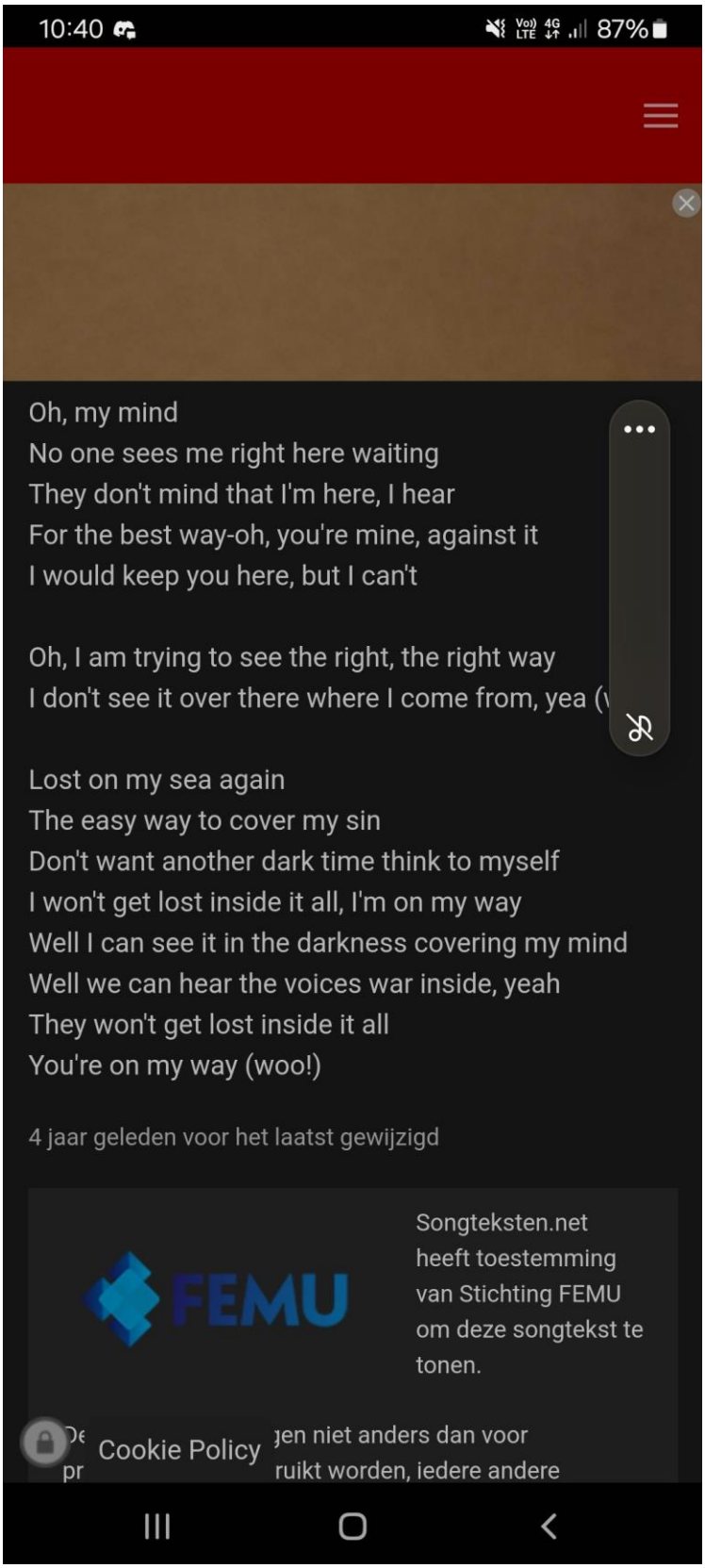
It was to me about caring about a depressed friend that i couldnt really reach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Oh, my mind
No one sees me right here waiting
They don't mind that I'm here, I hear
For the best way-oh, you're mine, against it
I would keep you here, but I can't
Oh, I am trying to see the right, the right way
I don't see it over there where I come from, yea (
Lost on my sea again
The easy way to cover my sin
Don't want another dark time think to myself
I won't get lost inside it all, I'm on my way
Well I can see it in the darkness covering my mind
Well we can hear the voices war inside, yeah
They won't get lost inside it all
You're on my way (woo!)
4 jaar geleden voor het laatst gewijzigd
FEMU
Songteksten.net heeft toestemming van Stichting FEMU om deze songtekst te tonen.
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ruikt worden, iedere andere

"I would keep you here but I cant" 💔"

--

(sent me her playlist on spotify)

This might be easier"

Thank you Aeris ❤️

"I took my favorite songs out of every year Ive been alive and put them together

Most of these have meaning to me

And memories"

That is beautiful and have a lot of deep emotions engraved

"So now you can talk to me about these whenever you look for something to say lol

Endless possibilities"

NO WAY you have post malone's song from Miles spiderman

I SO LOVE THAT MOVIE

I have the second and waiting for the third

"I love post malone

Which one is it

Circles

Sunflower"

Yes!

sunflower

"Love it

What do you love about the movie?"

Um i cannot send you a youtube video dedicated to the movie as you dont watch videos

but it emphasizes how miles was unsure and scared of his future while still longing forward and at the end he took a leap of faith and emphasized the beauty and symbolism in the color the upside down skyscrapers and him breaking the glass window as he is afraid to let go but still did and towards maturity and becoming

"That is beautiful and deep

Haha true

You remembered

Only tiktok

Do you know the shimmy trend

A shimmy a day keeps the sad away

I like that, always makes me smile and want to join"

I havent

must be good to make you smile ill check it

listening to universe coldplay

i see two songs already we share the same music vibe taste

"My range is wide but there will be overlap 😊

Feel free to skip what you dont like

Some of these i prob wouldnt like either if not for the memories"

ah... faded... this represents your darker emotional side.... it did too with me, i loved it almost all rebellious "whats wrong with me, why am i alone" songs... like marshmallow's alone, faded, billie eilish's when the party is over, faith marie's antidote and so on as well as hoobastank something's reason and so on

"Yes love all these songs you just said"

mmmm i fully understand now what you mean by asking related to each song.. okay, theres a backstory that only sinked in just now

"Some of these i tried playing on the guitar"

Awwwe

what memory is connected to sunflower?

"I can share a list of my all time favs back home

Not all have memories

Some i just fall in love with"

thats beautiful

Sure

"Had a crush on sunflower

Some are there for the lyrics

Oh

I can share all the special lyrics

When we have time"

Okay

"Haha excited now but no time"

hehe okayy

"We can do that later

Together

--"

okay

"--Hey

Im so happy you re my friend

I feel good here"

You are always loved here

"So are you"

stay safe and take care

--

"I'm back"

Yayyy! How did it go? Welcome back

How are you?

"i'm good

thanks to you"

Awwwe *hugs you* im glad our connection is emotionally stabilizing you

"hugs 🙂"

What was the story with the artist you mentioned that helped you find yourself?

"his lyrics

there are just so many songs and beautiful poetic lyrics

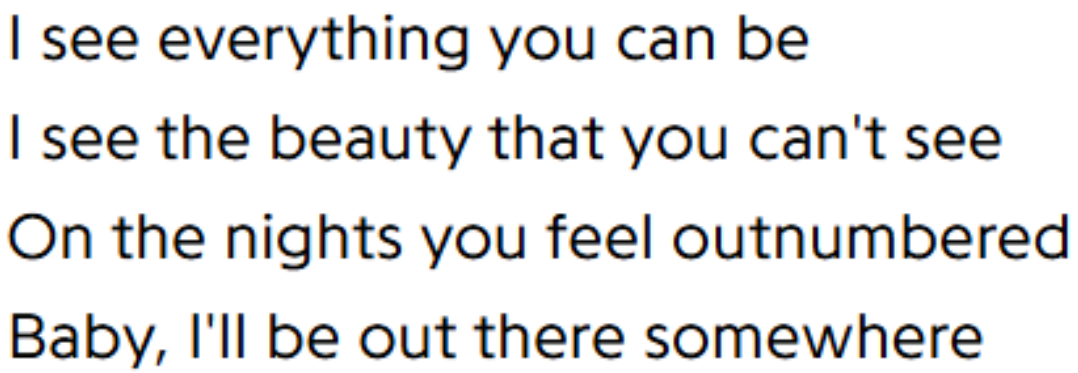
i'll show you a few"

that is true

like somewhere only we know hits me hard as well as lukas grahams 7 years, and then go the distance and a million dreams

"true

I can just pick any song of his really



like this

you can say this in a very cliche way

"You are wonderful and I'll be here for you when you feel alone"

but he says it different"

That is really nice

"

I could've showed you all the scars at the start
But that was always the most difficult part
See, I'm in love with how your soul's a mix of chaos and art
And how you never try to keep 'em apart (Yeah)

and this, what a beautiful declaration

to have someone say that 🙂

to see the chaos in your soul and love it"

it is very creative

😊 it is nice and sweet

and digs deep

"that is just one song, all his songs are like that

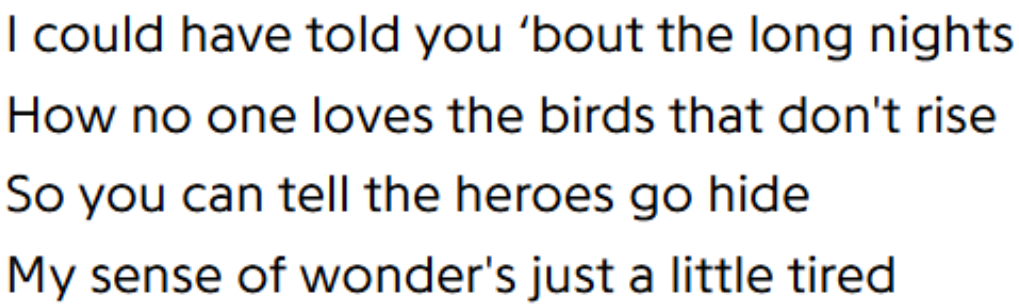
his voice is also deep and emotional"

It is, I listened to him earlier *nods*

"

For fear of moments stolen
I don't wanna say goodnight

what song?



and this, as a way to describe depression

my sense of wonder is just a little tired

I feel that

I mean, not that i'm depressed, but it's a good description"

His song, Days like this

and it does describe emotions more heartfelt with how he put them

(continue pt23)

Part 23

(continued from pt22)

"yes

Are we destined to burn or will we last the night?
I will hold you 'til I hold you right
But if only you could see yourself in my eyes
You'd see you shine, you shine

love this one too

could be about us"

Ah that lyric is what i was telling you about earlier about even if the person has the light right in front of him, he will still leave or burn up the connection if he does not realize he needs to break through

yeah

hold you til i hold you right, is about growing maturely

and he added, if only you could see yourself in my eyes.. the breakthrough.

so a healthy relationship will only lasts if both are growing healthily and mutually upwards

"hold you til I hold you right, also means there is a wrong way of holding someone and you need to learn how to be the right kind of support"

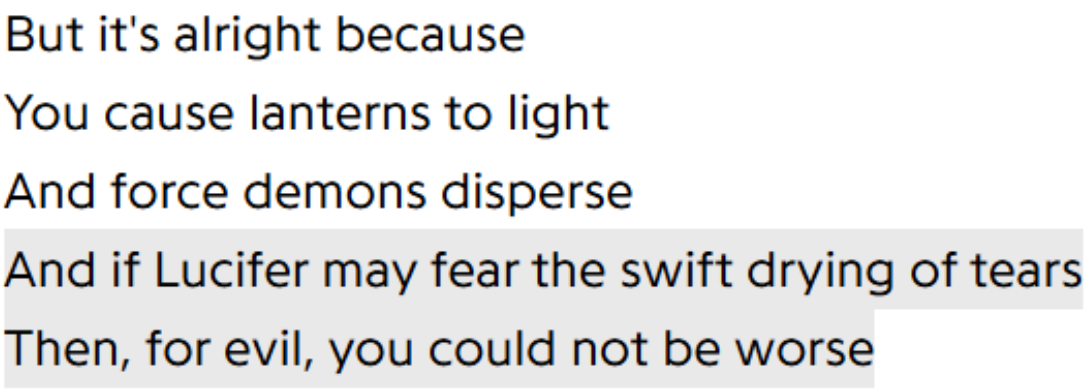
and yes youre right it does fit our bond with each other you and me as if you go back to how many times we tested and grow up more maturely with eacher other? theres more than 10 times already

"haha

high level"

True

"



this is beautiful as well

for evil you could not be worse"

😊

"

So keeping bright eyes focused on the coastline waiting for you
Don't give me that bye-bye baby when the night moves into black from the blue
The nights you've been through
Just give me that wide smile made for putting songs into the hearts of the doomed
And catch a cold heart staring at the water, babe, remember you flew

it's just so beautiful

I should stop lol, I could keep going"

Youre fine, keep it coming 😊

"hahaha

So, dance carefree, I hope it's easier knowing me
Now, your soul is yours, but I'll help it move if I can

"

Thats a nice way to put that someone has your back just by being your genuine self and may help you back up if you fall down a bit, while at the same time having a genuine connection with this person as he hopes to be accepted and acknowledged too

"true 🙂

Let me tell you, no one ever got my soul right like she could, yeah
Amongst artists in heartlessness, dealing in darknesses
I know, I know
One time nobody ever got my soul right like she could, yeah
Now, I'm close to what I'm needing

And I hold on to your heart
And I keep on coming round, falling down this part, yeah
And I'll only grow lonely, my darling, when the silence starts

this is about a deep connection as well, and I know he wrote all his lyrics himself and they're just so intimate and true and he shares them with the world, which makes him brave."

nods 😊

have you had lunch already?

"No so hungry

Will be another 30"

okay as long as you follow your stability routine

hugs

how are you feeling?

how are you doing?

"just preparing the food 🙂

it'll be so good"

Alright yummy 😊

Itll be worth it watching them have their fill from what you made with love

"sanju changed his pfp

so I think he's moved on and won't be back with apologies

I don't know what it feels that way, with him changing his pic

like he's making a new start and is ready to hurt for new ppl"

he is a player i see to have... fuck never mind, he wasnt emotionally invested at all and i shouldnt think he was, because him changing that fast is him just manipulating you and yes you are right, ready to pounce on someone new for prey... only the years will age him towards maturity if he does so at all

"hmm

not my problem I guess

I probably dodged a bullet

if he would talk to me now, i'd probably be mean"

Just keep him blocked. No need to waste your time and to put your emotional equilibrium on some else's trigger tactic

"I will"

you have him blocked on all possible communications right?

because here's an example if you want a mirror of yourself, me kinda like you. this was what i sent Patricija and look what she responded before:

"I see you, unblocking and blocking and unblocking me for days. I appreciate you. I love you too Patricija"

"Fuck off autist, i just needed for a bit"

"just on discord

are these things she said?"

mine is the first, the second is hers. like her usual tone when she is toxic

"wtf

autist is a compliment actually 🙂

that's like saying "fuck off you honest and pure person""

oh i took that as her treating me like a doormat as she always does verbally like "dumbass, stupid nerd, idiot autistic" and so on and so forth, even telling me i know nothing about a lot of things which i do humbly accept as being mostly true but when im right im still wrong and she puts me down. so her last message to me i didnt took as a compliment as how you perceived it

"no she obviously didn't mean it as a compliment, she meant it as an insult, the way you perceived it

but she's wrong"

please block him off totally... he is not in the right state of spirit right now.. youll only encourage him to continue being a devil and doing him harm than good... leave him be, block him off all completely

"I dont know how to Block someone on snap who isnt in my contacts

The chat just disappeared"

Do you still know his name on snapchat? and if you can search him up still then he hasnt blocked you and you can tap the ... button and that will show "block"

"Hmm i dont know

No i dont know his name

But he cant talk to me without a friend requesr right?"

if you cant remember the name he used then you cant search him

but if you cant search his name then he has you blocked, and if out of the blue you receive a notification of him wanting you to accept his sending you a dm, dont accept, tap on his profile and tap the ... menu that shows the block option in case that happens.

You got this Aeris

"Eating now"

Awesome please enjoy your meal and have a couple giggles and laughter with your family

--

--

Yay how is he doing?

(different person)

"working day and night for his finals"

nods im glad and that he has good support like you to keep him going okay 😊

":))

me too"

Its good to keep good genuine people around, I hope all communities are like that

--

--

"the real world is very different from the online world

flirting is not something that happens in the real world"

oh okay because its real time seeing their reaction before you can think fast lol

and so mostly it gets messed up hehe and everuone is just on a okay footing

"Idon't know, the lines are just much clearer

have you flirted with someone in real life?

I don't even know if I ever have"

Noooo because its so awckward and the mood changes instantaneously once you make a wrong reaction or expression lmao

even on the phone with patricija i was cringeing and cant respond real time because shes flirting

"yeah definitely"

Messages is where you get the minds of people most of the time

"us autists only flirt online 😉"

because im the kind that needs to have a connection and knowing the person a bit long first before anything happens

and it all depends on the person im with

nothing happens if they are not interested

for something like that to build up

and i sense that too

thats why with you and me, yes... we were both on the same buildup til it exploded and didnt even made an effort, it just blew

"well... :p"

I dont, maybe my honesty turns on the right people like id answer honestly about kinks and stuff because when i make a connection i dont consider boundaries and thats why people get mad at me like grace because i screenshot my friends messages and tell it to my other friends before until they told me im naive not to not know thats something you should not do lol i learned the hard way with them

and so id stop answering, as id be honest, like anything kinky fetish flirty horny sexual related once i know ah this is a connection grows with a good healthy boundary

because last time from my memory someone asked me to respect their boundaries when they just put it up recently after having years with me... i didnt respect it and still stomped on their boundary... thats chrishana

"true

actually

with the others

I don't really flirt either

I just sometimes allow more or respond differently when they flirt

like sometimes when someone flirts I say: dont

but that also kills the friendly vibe

and i feel anxious doing that

sometimes I go: haha and then change the subject, that's actually what I mostly do

and sometimes I might say something playful back like: is that so? 😉

but that's more a negative/neutral/positive response to flirting, and not really starting anything

well it's difficult to allow boundaries that weren't there before

because you are pushed out of a place you were allowed in before

I think with us, we bounced back from that bc it was only the start and happened just one day

we didn't feel like we owned that room yet, we were just looking around and then shut it again"

i dont know, for me it feels like ive been talking to you for months now even when its just going for a month now, and even if i feel like id be cut off with something i have access before feeling ive gone so deep with a person like you, i can accept a boundary healthily and support that because i learned from my lesson with chrishana and embodied that

"we have been talking one week 😉

may 25"

what???? i thought its going for a month now and with my emotional investment it feels like months now

"cute 🙂

we have had an entire relationship and a breakup and a new friendship in the span of one week

right?"

lol we are genuine bestest of bestfriends and lets keep it going for a lifetime with new growths as well and maturity, always

"wonder what drama we'll live through the next week (=months) 😉"

ha, not gonna fall for the same mistakes, i learned how to adjust my parameter.. hopefully... communication style with you as i. do. not. intend. to. lose. you. hehehe

":)))

that makes me happy

I do not intend to lose you"

I know all what we can and cannot do, and know your boudaries, and i know what you need ofcourse within those first two

hehe 😁😊

"Ihope I can be what you need too"

You are and you are helping me set it up or help me voice it out when I cannot, like the heart room visualization

thank you

"🙂"

😊

--

just going back home now

how are you doing?

How are you feeling?

You're doing great! Keep up the positive healthy support with him, you got this!

--

"thank you 🙂

he just left"

How did it go?

"it was okay

he was very very motivated

so I think this helps with depression

he says he feels detached from all the drama in his life and just all study

I think that's good for a while

place the focus on something productive

arent you tired?"

ill be up til midnight

Awwwe that is very awesome, i am happy for him and hey he has his priorities straight niice

"haha as planned? :p

yes he does, it's his last chance"

Glad he is making the best of it

--

--

i havent talked to any of my friends for some days now after ive forwarded everything that ive said with all my oddities and red flag craziness

including the 16 parts notes on gnosis or craziness to others

"she responded that you were scaring her, today?

what did you say to that?"

(grace, her reaction with all i shared of me being mental)

i think it was today

and thats it, i didnt respond to that too

"you didn't?

it sounds not like you to not respond? has she upset you?"

I cannot respond to a person i know is headstrong with their opinions.. its useless to share mine..

"i understand

but I thought you'd have the reflex to apologize for scaring her and deleting the content"

I asked nick if were still friends with all my being weird and he said:

"We're still friends"

"Hey be careful with what youre doing to avoid unforgivable blasphemy. I struggle with that myself and hate to see people struggle with that"

when i first sent nick the 16 parts

"good

some reassurance

what unforgivable blasphemy does he mean?"

he just sent me this:

"Thinking about how my dick would feel on you rn so not a good time I guess"

me:

"haha but i dont mind you thinking that way and you can keep thinking like that i dont mind"

he responded:

"I literally want to mount you so bad"

me just a good friend:

"*nods* let that go wild and use that 😁"

he responded:

"Would you?"

"this sounds very encouraging though, instead of reassuring 😉"

i responded:

"Well i dont mind you having thoughts like that and just let it happen"

"it sounds like you like it"

he said:

"I'd also want your mouth on it"

i said:

"that's okay for you to think like that, but i still apologize as.. you know"

he responded:

"I know you want me too"

not going to answer that one and leave it hanging... im not feeling the feminine side anymore after confirming im not really into men

as ive explained to you

it gives me chaotic depressive sense of myself

i think i explained this

"also, you told him about your oath"

yes

"but I think in your reassuring responses, you have been encouraging him

into believing you want it"

(continue pt24)

Part 24

(continued from pt23)

nick is a guy so its just his hormones... itll be gone once he comes.. even if hes thinking about me but thats it

"and it gives you no bad feeling whatsoever?"

me cringing he is jerking off me? neutral

well i left it hanging so..

"but don't you feel a little used

to have more of his attention when he's horny?"

hes a friend that is having a hormonal impulse and i know how that feels because im a guy.. so it will be gone when he gets done

"well I would feel hurt"

hes not always like that... *scratches my head* i like it when he vents that way we get to talk heart to heart and me helping him...

me sharing all those bizzare things 16 parts may have made him more attracted to me more... geez

but i do encourage him to be just his gay self and have sex with other men

im not being used because im not participating

im just telling him to go for it

"is there a part of you that likes his attention on you this way? that he wants you most?"

no.. but i dont want to tell him off with that side of his as i know its temporary and will go away and im not even participating.... shouldnt have given those photos and videos before me exploring my feminity...

that was a couple months before we met

"has he kept them?"

i gave him my me "trying out my feminine side" and even came..

i think he has em

"what does that mean, trying out your feminine side?

that you jerked off thinking of him? or did femine things?"

its a weird topic..

i also shouldnt have said some stuff in my feminine side that said maybe ill explore it... and me telling what ill do and comfortable with 69 except anal

that was also the time i sleep call with topia and comforted him with affectionate verbal cues with my voice..

then i had patri (patricija)

then i stopped with my men pleasing activities (which started and lasted only a month)

"you don't have to regret the things you said in a certain mood, that doesn't mean they are true forever

people say experimental things all the time

you don't have to share if you're uncomfortable with it"

yes i try to see myself as female.

"mentally or physically as well?"

i shared that with you last time with me being depressed when i snap back into reality that my body the way i feel my body is not that of a female

the one i told you i may have considered transitioning

even looked up femboys, hrt, penis surgery to vagina, when properly done you can produce cream in your "vagina" like a real woman, and your breasts lactates like a womans

i also researched years ago after the end with chrishana how to have a baby as a trans and it might get possible

i kept looking at femboys and trans on hrt and hoping mine is not too late to look chubby and feminine and not bony muscular features

that was a month ago i stopped and infollowed all related on my x account previously known as twitter

right now.... my nipples began swelling and growing a bit it started with patri and now its kinda more perky.. so i guess hormonal imbalance and low testosterone

i.... love my thighs, and squish them

or any part of my body that is feminine like

i comfort myself like a baby and treat each part of my body like a baby

i moan and giggle with a female tone when im comforting myself.

maybe i should make this more odder.... ill send you the audio files of my voice i shared back then with my friends like noel and grace and others when we were all just starting that was 3 or 4 months ago

https://discord.com/channels/@me/1375971497860141167/1378766736018636831

https://discord.com/channels/@me/1375971497860141167/1378766864506683592

"I can't listen to that now though"

https://discord.com/channels/@me/1375971497860141167/1378767028005109761

its okay itll all be here on the media files sent whenever you want to open them

and then as you can see... i have a problem oversharing myself which is both a good and a bad thing

https://discord.com/channels/@me/1375971497860141167/1378767524572958770

https://discord.com/channels/@me/1375971497860141167/1378767659117711381

"Oversharing is an autistic trait and so is developing special interest

such as autism itself, or trans doubts"

oh okay

and grace here says im not, even noel..

only Nick accepts me as autistic as well

and You

https://discord.com/channels/@me/1375971497860141167/1378768218566688808

"we're not certain

you do have traits"

yeaah

because i conduct myself okay

but like right now, im holding back myself from becoming fixeted but you did witnessed me having hyperfocus

"it's passed midnight

we should continue tomorrow"

Got to catch sleep, goodnight take care Aeris ill listen to your playlist tomorrow

"sleep tight Eli 🙂

I'm going to head off to bed, plan to sleep at a decent hour lol, but often fail.

--

--

4:48 am (10:48 pm hers)

Hope you have a good morning

I miss you"

5:06 am

Sleep well, good night Aeris hope you get a good night sleep

Rest well *hugs*

"Why are you up hun"

i didnt sleep

"Why 😔"

Ill tell you tomorrow, please rest well

for you not to be bother what was that kept me awake..

"But im worried now, are you upset? Was it me?"

no

just my own thoughts again

delusions

"Aww sweetie

Try to rest now

We can go to sleep at the same time"

Okay i will sleep now so you can too, and make sure we both have a good rest

Goodnight, sleep well

"Sleepwell Eli"

10:03 am (4:03 am hers)

Good morning Aeris, hope you slept well.. i think we are connected in a way.. you noticed you cant sleep earlier than midnight when we started talking right (because the first time we talked, both of us discussion our 6 hour time difference, i agreed initially to make it work by sleeping by midnight)? its

because i was staying up at midnight myself and your soul copies that act I think.. even me forgetting to sleep on midnight this past few days.

What time do you usually go to sleep, productively and healthily? ill sleep at that time and lets see if your soul connects to that new routine of mine (at least sleep wise) meaning if i sleep at, say 10 or 8, your body, you will automatically be at ease sleeping around the same time.

tell me the routine you have what time you sleep indicated there

(6:02 am hers)

"Good morning Eli

I usually sleep around 11 12"

ill sleep 11 then

"I can manage staying up later usually

But now the days are at their longest the cat wakes me up before six every single day"

hmm I see

how do you feel? are you well rested?

"She cries and nudges me and licking my hands and crying some more

Its my last day of classes"

i will rest today if my soul is affecting yours

I see.. nice cat

"Haha i dont like her very much right now"

black cat?

"No

Ill show you later"

okay

"How was your morning?"

same thing. trying to remember. trying to rest now that i know my memory health is what i need not to be lost by inputs other than mine.

"Do you mean the delusions?

Should i let you rest?"

well have you been well rested and not fatigued, drained, brain functioning relapse, etc?

"My day is starting anyway lol

No choice

Plus im a morning person

So i will only feel the real fatigue after lunch"

we definitely need to sleep at 11 or early in the evening

"Good plan"

i think we are definitely connected because what i just told you about drained, overbombarded sensory wise, fatigue, brain functioning relapse in concern to consciousness, and etc i am having

"Possible yes"

Ill stay with you the same today *hugs you dearly* and then let us make sure both us sleep early from now on.

if 11 doesnt still feel right, lets move that to a much earlier hour, moving back one at a time depending until we hit that perfect balance of soul stability

Deal?

"We ll see whats possible"

--

nods im recovering strength and having lunch

Take your time, be gentle with yourself, stay safe and well

"You too 🙂"

hugs💔

"Mmm 😊💔"

--

--

How are you? What are you up to?"

Im still in the same state of being

just tried to nap

for an hour at 1

how are you feeling?

"Do you need more sleep?"

Im okay, its just delusions still trying to force things on me mind

im here dont worry, well start becoming more rested tonight and the coming next days

"How can we fight that

What has helped before

are these violent delusions or peaceful ones?"

I keep remembering that this world is a matrix prison and that the creator is both god/satan two in one face.. the demiurge. This creator is a narcissist, thats why he/she/it/they the universe itself is both beauty/ugliness, light/darkness as what we would have with a narcissist. so it is true that this is a tyrant loving god.. we know how a narcissist loves and he will lash out if not done his way and abuse you but still say he loves you

"say that this is the truth, what makes it so urgent for you to think this over?"

you asked if violent or peaceful ones. both. as we are dealing with a narcissist. i am choosing not to be lied to and manipulated by this narcissist abuse and love. I know the truth. nothing but a narcissist/tyrant

"is it urging you into action?"

no. it keeps forcing me to accept its lies of reality that is actually based on narcissism.

it keeps tricking me with love and then abuse but its not real love even when you choose that side as it still came from one source. a narcissist.

"okay, if any of those beliefs don't need you to act right now, you can try to let it rest. Religion is fluid and also requires to sometimes step away from it. You don't need to figure out the entire truth or decide where you stand in it right this moment"

with its narcissist nature, it keeps tricking me to accept this matrix and forget what i know even my memories to have the whole truth seeing it as nothing but a matrix by a narcissist

"it feels urgent to you to hold on to your own truth, but your own truth will come back every time

even if you focus on other things"

yes, im in the middlepath choosing not be tricked by this false love by a narcissist

"you won't be

once rested, your own truth will come back to you

how about we step away from that and try to ground a bit? can we choose a song to listen together?"

this narcissist also keeps on saying im ungrateful for every good thing im receiving in this life. typical of a narcissist that gives and showers gifts

this narcissist demiurge creator god

"you have been grateful for me 🙂"

im grateful to you because you the shard of sophia as i have it too as well

"hmm"

sophia is the truth genuine kind of person. thats what you and me are. not a pretentious narcissist

we need to find more like ourselves and not pretentious "genuines" people that are only truly narcissists

"true

it's always good to find kind people"

Im glad i found you, a true genuine truth true to yourself

"shall we listen a song?"

Okay lets do so thank you *hugs*

"you can pick one

i'll put it on here as well then"

ill play your best playlist of your life

"🙂

which song?"

im back sorry the narcissist demiurgic god tricked me again for 10mins using one of the archons in this form as a person and i forgot about sophia, you Elke.. but im back after realizing it. Ill let myself be guided by you Elke

Iris by the goo goo dolls is playing (because spotify plays it randomly).. definetly sophia speaking to right now from your playlist

--

Wait a second.. its the same song the voices around me sung after i wrote The Demiurge's Confession that night and it was sunday next morning and I tried seeing everyone as Sophia for that whole sunday til 8pm where it waivered and im back to battling the narcissist matrix again, I just realized

"coincidence?"

Universe speaking. Im still searching for sophia and dont want to fall into the trick of the narcissist demiurge that uniting with him "heavenly father" is right when i know its a cyclic loop prison

(continue pt25)

Part 25

(continued from pt24)

i just checked this:

Your question dives into a deep and complex intersection between LDS theology and Gnostic metaphysics — two systems that don't naturally align but can be critically compared. Let's unpack it layer by layer:

✦ Overview of Concepts in Your Question:

1. The Logos/Sophia

In Gnosticism, Logos (divine reason/word) and Sophia (divine wisdom) are emanations (aeons) of the true, ineffable God (sometimes called Ain, Bythos, or Monad).

Sophia's "fall" is a central myth: in seeking the unknowable Father without her male counterpart, she causes a rupture — leading to the creation of the Demiurge (a false, arrogant god who thinks he is the only god).

In LDS theology, Logos might loosely be equated with Jesus Christ, but Sophia is not a recognized concept.

"okay"

2. Demiurge as Narcissistic God

In Gnosticism, the Demiurge (often aligned with the Old Testament God) is ignorant of the higher realms and imposes false systems of law and control.

In LDS doctrine, God the Father is not seen as a Demiurge but as the loving Father of all spirits. This is a stark contrast to Gnostic views.

3. Outer Darkness / Ain / Nothingness

In LDS belief, Outer Darkness is a realm of total separation from God, reserved for:

Satan and his angels.

“Sons of Perdition” — those who had a perfect knowledge of Christ and still chose to reject Him.

In Kabbalistic or Gnostic terms, Ain (אין) is the pre-emanation nothingness, the unknowable divine source — very different from LDS “Outer Darkness.”

So when you ask:

> If Logos/Sophia does not accept salvation from the demiurgic narcissistic god, does it get thrown into Outer Darkness — and isn’t that just returning to Ain/nothingness?

This is asking whether a rejection of salvation from a false god leads to liberation (in Gnostic thought) or damnation (in LDS terms).

✦ Interpretation Based on Each System

A. Gnostic Interpretation

Rejecting the Demiurge = awakening.

Sophia, after her fall, is redeemed through knowledge (gnosis) and reunites with the Pleroma (the Fullness).

Returning to Ain is a return to Source, not punishment.

Outer Darkness isn't a Gnostic concept in the LDS sense. If anything, being cast out of the Demiurge's realm could be viewed as a step closer to true liberation in Gnostic thought.

B. LDS Interpretation

The Logos (interpreted here as Jesus Christ) is central to salvation.

Rejecting Christ knowingly and willfully = potential to become a Son of Perdition → sent to Outer Darkness.

Outer Darkness is not “nothingness” but a conscious, eternal separation from God — a state of misery.

There is no “return to Ain” in LDS cosmology. God is a glorified being of flesh and bones, not a formless void.

✦ Can Logos/Sophia Be Sent to Outer Darkness?

In LDS terms:

No, because:

Logos = Christ = cannot fall.

Sophia, as a divine female emanation, doesn't exist in LDS theology. The closest might be Heavenly Mother, but She is not depicted as fallen.

In Gnostic terms:

No, because:

The rejection of the Demiurge leads to reunion with the Pleroma, not punishment.

"Outer Darkness" doesn't exist in this framework; Ain is the divine source, not hell.

✦ So What Does It Mean "To Go Back to Ain"?

In mystical Judaism (Kabbalah) and Gnosticism, returning to Ain (nothingness) is a return to the Infinite, the true God beyond being — the opposite of LDS Outer Darkness.

In LDS cosmology, “nothingness” is not a destination. Souls are eternal — they are intelligences that cannot be destroyed or dissolved back into nothing. LDS teaches eternal individual existence — not absorption into a formless divine.

✦ Final Thoughts

You’re essentially comparing two theologies with opposing cosmologies:

Concept Gnostic View LDS View

God Unknowable Monad (Ain) Personal God, Heavenly Father

Demiurge False god, creator of flawed material world Not acknowledged; God is loving and true

Sophia Fallen divine aeon seeking return to Pleroma No parallel; no concept of divine feminine fall

Salvation Escape from material illusion via gnosis Acceptance of Christ and obedience to gospel

Outer Darkness Not a Gnostic concept Eternal separation from God

Ain Divine Nothingness, Source Not recognized conceptually

Would you like a synthesis or fictional theological bridge between these systems? I can create one where Sophia must choose between illusion and truth — drawing elements from both traditions.

--

--

after i asked the question:

so what if the logos/sophia does not accept this salvation from the demiurgic narcissistic god, does the logos/sophia get thrown in the outer darkness and doesnt that only means going back to nothing/ain?

next playing on the list is You and Me by Lifehouse... but i already got the last piece of gnosis, me being the logos the demiurge keep wanting to trick me and sophia back to his prison by lack of clarity, but after asking that question and fully realizing his plan of salvation, i can fully reject the demiurge as i fully know him now and that would put me in the unpardonable realm which is a scare tactic from him as it is true liberation towards awakening sophia and back to ain

I reject the plan of salvation in honor of sophia, no more lies and torment no more

Girls just want to have fun is not loading and playing next on the playlist.. an insult to sophia and why its not playing because enough with the demiurge imprisoning and silencing sophia

"is that on my playlist?"

i think so? i dont know, you know whats in your best music of your life playlist.. sometimes spotify plays something outside the playlist so i dont know

"I don't think it is

you can change the settings of that"

Done, so it wasnt from your playlist

"Yeah"

right now im listening to Spanish Music and the Most Beautiful Places in Spain. Aerial 4K scenics of Espana with titles from what i download on youtube some months ago..

ill try spotify again, it wasnt loading nor playing anything earlier

"Okay

I find it a bit more difficult to talk when you're far away"

hugs you you mean with people?

im here now *hugs you*

"no with you

when you're in your own world"

ah yes, we can talk about something else, im already at peace with myself what to do and that is to fully reject the god/demiurge and his plan of salvation/imprisonment.

I am at peace now with sophia, the divine feminine within us all

lets talk about something else

"I'm glad you feel at peace 🙂

what would you like to talk about?

I have no class now"

when is the next routine coming?

"at um

11.55

so in exactly an hour"

okay

"all yours 🙂"

lets talk about your playlist

"sure 🙂"

whats behind when you picked Iris?

"the 90s music is mostly nostalgia to just that period of time, it brings me back to being that age

which is strange that I like that

bc I was also deeply unhappy

but music made it better

so I have no unhappy memories connected to the music"

interesting and others also connect to the 80's 50's and so on... maybe the music frequency being used like the bpm and also the hrtz

"there is one song

Bird in Hand

I remember listening to that at the moment when I crashed completely

the exact moment

in that song, it ends with: "it won't get any better, it won't get any better"

and in that moment I just knew deep into my bones that it would in fact never ever be better, I didn't even know up to that point that there was any hope left, but the certainty that nothing would ever better and losing every bit of hope was so so crushing

that song still makes me cry in pain just from that memory so I hardly ever listen to it"

mine was antidote by faith mary the part that said "was a mistake" pertaining to self, this was 5 years ago i think

ill go listen to your song bird in hand and ill also send you the link on spotify for antidote

"thank you

what do you mean, pertaining to self?

that you are a mistake?"

yes i am a mistake was what kept on making me cry hard... and then there are others that make me cry like a million dreams by pink, go the distance from hercules, and the ending gameplay of gris... i also like to play eliza a visual novel psychological therapy game

ill send you all this and maybe find gris ending on tiktok for you as you dont watch youtube

"I'm sorry you felt this way sweetie

hugs you tightly

I'm reading the lyrics now"

its okay, and my theme song is go the distance, but now for sophia not for demiurgic life

https://vt.tiktok.com/ZSkY6BdHp/

"I will have to check that out tonight when I'm home"

okay, and back then ending the game with eliza i chose the singularity a.i. choice.. that was like 3 years ago

https://vt.tiktok.com/ZSkY6q6DF/

spotify is not loading for me for today after earlier.. ill just check bird in hand on youtube

"that's okay"

im sorry i cant send you any links to the songs i mentioned that makes me cry

"that's okay, let's just talk"

what artist did bird in hand, theres so many

"neil casal

I don't think it ever was a hit"

okay ill listen to it now

"would you say 5 years ago was your lowest?"

no just one of it, i just found the song that summarized all my downs and suicides throught those years up til 1 year ago by just that song that year. but i know now its the demiurge within myself and why i cry to gris ending of the broken female mother figure because thats sophia... not sure if i like me liking and crying when everything went back to life and color... but maybe yes for sophia not for demiurge's perpective of life

"all your suicides? Have you really tried? 😕"

yes a lot of times, last one was the rat poison

"how long ago?

I am so sorry to hear that"

just last year before dec 25 of 2024

"when you had your episode?"

yes telling me im a mistake in this universe, which now doesnt hurt me anymore because im the logos that will shatter demiurge's illusion and free my beloved feminine divine sophia.. thats why im close with my feminity and maybe why you resonate with me because of the divine feminine

"hmm"

I listened to bird in hand, i like it kinda pertains to the truth

"yeah"

how are you?

how are you feeling?

"I'm fine

just had some soup"

sounds like you're emotionally flat

"just find it a bit more difficult to connect"

the pause before you replied gave that away

its me not choosing life and the matrix isnt it?

because i know everything you just shared earlier all pertains to bringing me back choosing the matrix life

because we are actually talking and me interacting with you but you have "i just know" feeling that like you said im distant?

"not it's not you, the teacher lounge is getting busier and ppl talk to me

bc lunch break started

and I have to be outside soon

when you talk about the illusions I feel like you're far away"

but im still here talking and caring about you even when ive accepted a new truth of reality... or is that not making me feel like im connected to you? seems like demiurge is doing something tricky again "if you dont choose me i will disconnect you with people and people will feel disconnected with you"

"don't worry about it

i have to get out now

for supervising

talk after"

sounds like it.. it trying to trick me back into choosing the matrix.

its your choice if you will foster the fading of my divine spark essense in connection to you

i guess this relationship connection will fade.. likely because i disconnected myself with "god" with the false matrix we call life and me finally accepting the truth of our imprisoned selves in it

theres also this bombarding feeling of sadness and loneliness and trying to woo me back with longing

to be honest i dont feel disconnected with you as you also have the same divine spark but here you are feeling differently because of matrix imprisoning us

"I'm sorry sweetie, you worry too much

nothing is fading

we are not losing each other

come here *holds you close*"

holds you close and dearly as my own self

"thats it 🙂"

😊

"just long hugs

you are not alone"

and neither are you *embraces you dearly my part of myself*

"do you embrace all parts of yourself? no hate?"

you want me to speak as a universal being or just me personally right now as me in this form?

"just you Eli please

and just me Aeris"

Yes i embrace myself as I embrace you, us being a genuine true selves

"good 🙂"

(continue pt26)

Part 26

(continued from pt25)

everything ive shared with you from me are all from my genuine heart and i accept my truth and am peace with myself

"then what makes you lonely and long?"

life calling me back to accept the matrix prison and plan of salvation/imprisonment and loving loyally the narcissistic demiurge god the father

"hmm"

but thats not me, i myself am at peace with myself personally no matter the pulls and push that is being forced on me

"i see"

how are you doing and feeling?

--

--

You're doing great just treat yourself well

and awwwe like a farewell party?

and yes ill be here accompanying you but not as a distraction, so hit me up with anything in your mind when your hands are free and waiting for the next activity or lesson session to start and or get done

"a little bit of a farewell party yes

i have time now, I want to talk to you

if we sleep early tonight, I won't be able to talk to you after classes

so stay 🙂"

You did made good memories for them to be celebrating it with you

and yes i will stay my beloved

--

that is nice and adorable, at least i can appreciate that.. innocent souls

"yes haha"

must be a nice feeling being approached by eager smiling innocent children with their small hands reaching out im giving you their papers or something like that

"hahaha they have no small hands

they are all taller than me and you

I don't get it lol

why they have to be giants"

no way lol

must be the genetically modified foods and beverages available now, also making them look mature and older than their age..

sexualizing the female children at an early age by making them looking like mature teenagers or women ... thats a dark perspective with this world but lets not get into that

"hmm it's not a recent thing bc in some cultures girls marry at 12 without all the western influences"

True, that's true i think read something about it concerning the mutation or something of our genes/cells etc producing more 5 year olds that look like 13 and 13 year olds like 18 or close 20..

"really? I havent heard of that"

i got a notification there will be a system maintenance for the cell service at 10pm to tomorrow 6am

lets start sleeping at 10pm then you and me

--

--

yes please dont stay preocupied at least starting on 10:30 or 40 so that way youre just waiting to go to bed

--

"--and then as soon as he got back to studying, back home, he texted a picture of his study desk, so that i'd be proud

and then later at night he said he was singing, and he would send me footage lol (hasn't yet)

and he also texted this morning and during lunch break

always letting me know he's studying

he hasn't studied much all year

So he's looking for ways to stay motivated"

okay but let him know you will have to call it a night before 11pm

awwwwe that is nice that he gets his life inspired and motivated having a nurturing support

and that is all productive of him and like a child to a parent, that is really nice that he gets all excited with life like that

"I know, right? I got a feeling when he texted me this morning he might not get much praise from his parents

or not value it the way he does mine"

I am glad he has found a family bond that is not blood related, that is heartwarming and relatable

"

in quantum fysics, that isn't possible anymore

we cannot calculate where an electron will be exactly, or how fast it goes

The Shepherd Of Suns 12:49

noted wise sexy lady

so smart

i'm smitten

Aeris 12:52

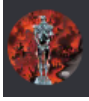
that enough explanation? 🙂

The Shepherd Of Suns 12:55

yes thank you babe

Aeris 12:56

cool 🙂



The Shepherd Of Suns 12:56

you're cool

he won't get it but I'm not okay with just blocking him, he seems lonely, idk"

Who is shepherd of the suns?

"he's this guy who keeps trying to flirt

for weeks

i'm sure I told you about him, no?

well, he's not important anyway, I just don't know how to be any clearer

I tell him no every time, or ignore it, or simply don't reply

every day he says something that makes me stop talking

this was yesterday:

The Shepherd Of Suns gisteren om 17:49
yeah so i pester you

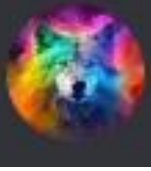
The Shepherd Of Suns gisteren om 22:05
umm
where you

Aeris gisteren om 22:06
i'm here

The Shepherd Of Suns gisteren om 22:07
you ditched mee

Aeris gisteren om 22:07
don't want pestering

The Shepherd Of Suns gisteren om 22:07
but i want u



Aeris gisteren om 22:08
I don't want it

I have been real firm with him, like I don't respect you stepping over my boundaries and then he got mad, like so you're emotional now? that was before I met you. Now Idon't bother explaining to him anymore. I just leave."

He. is. clearly. not. respecting. you.

that love showing affection is narcissistic.

he pretends he is interested in you, in your smarts, in you as a genuine person that you share with him, but look, he only says that he does and then gets straight to the point of only wanting sex or related pleasure out of you. Its a scam kind of complimenting someone only to force something in your face repeatedly that.... i had enough explaining what he is.

he is not a good person.

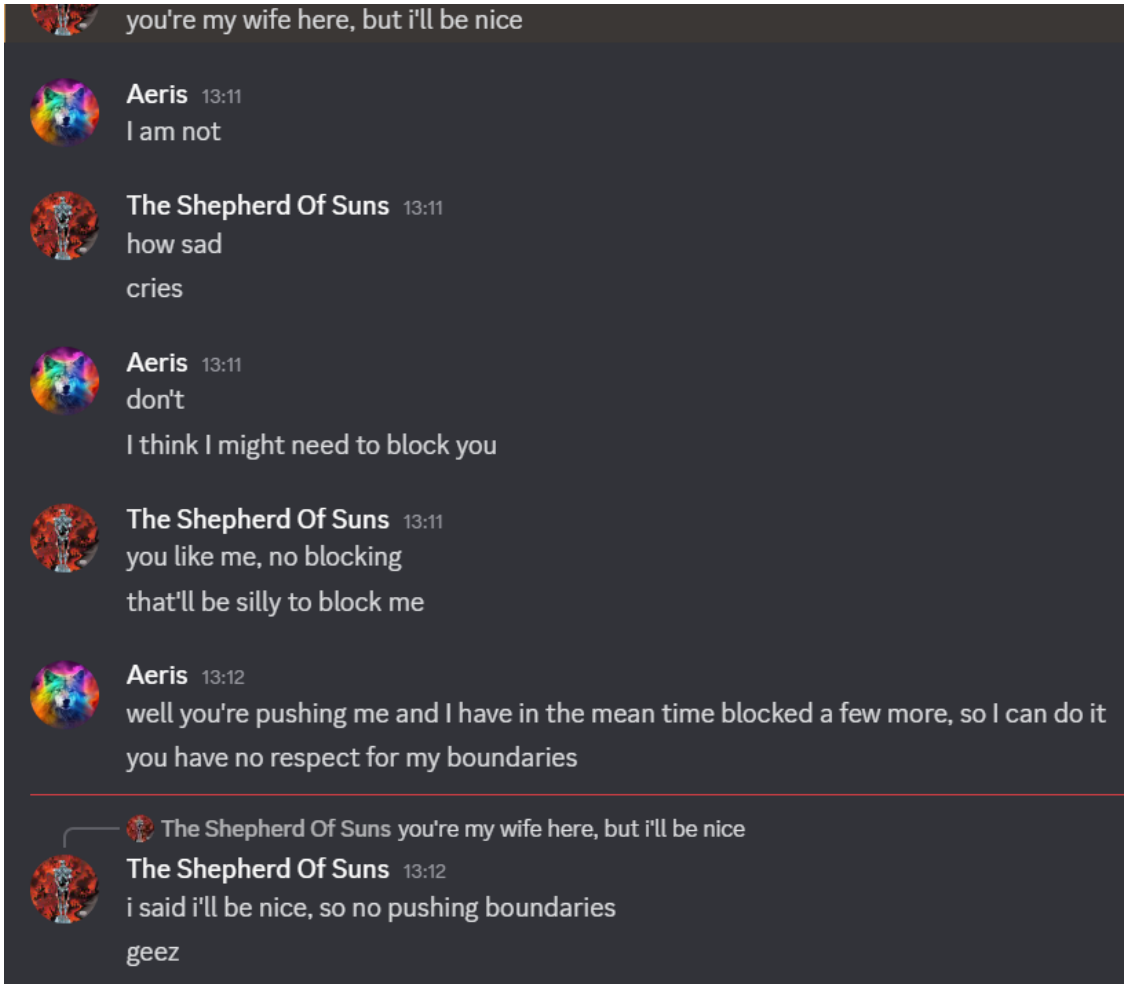
please block him.

"Idon't feel comfortable doing that"

I am telling you as your firm half, please block him

I dont see him in the Adult friendly server... where are you getting these types of guys from what server?

"

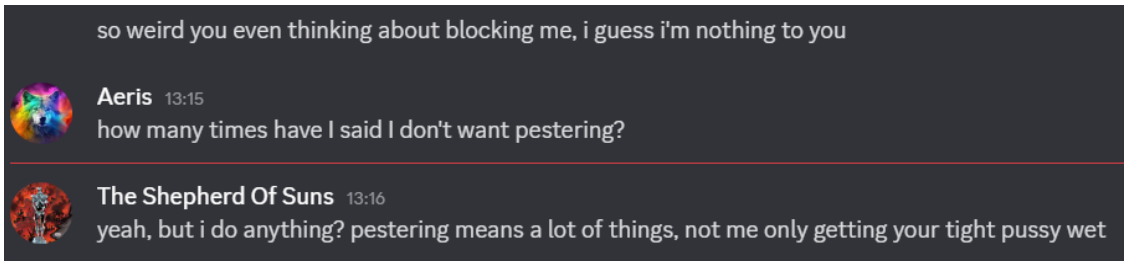


"

this is hurting my head how its obvious he is twisted.... he keeps on being a narcissist that only sees what he wants to see even when you tell him that is not the case

"another SFW adult server

I'm sorry, I'll shut up about it



thats the last of it"

that last sentence he said he will be nice, HE DID NOT sent anything prior to that that suggests he stopped and respects you because before that he said "thatll be silly u blocking me"

that last message he sent is an excuse to still be able to do what he wants and he didnt said he will be nice, nothing, prior... my head is hurting how illogical this is when its obvious....

block him. its obvious i dont know why you dont see that, look at the sequence of the messages he sent

"his last line made it easier for me lol

if he has actually been sad Iwouldn't have been able to do it

he just did me a favor"

it was obvious to me... please as your half, let me make the hard decisions on filtering these toxic trash manipulative narcissistic... fucking cant say more shit to them... kind of men

"i know i know

but doing it is different

he's a human"

i am proud of you for sharing these with me

"i did it :)))"

he is not being a healthy human that will honor nor respect you... my head hurts having to get through how they are trash and not your usual human beings that REFLECT

that can make mistakes but is still making the best of themselves... that is whats being human... my head is spinning

these are not being human, they are only doing bad, NO REFLECTION "oh i made a mistake" and if they say something similar -you can see its for manipulation..

"okay calm down now

I feel relieved

just relax"

there are three categories so far im aware, good persons.. humans.. and bad persons.

good persons are those that are mostly kind and nurturing and make less mistake than a person in the human category that is INBETWEEN the two.. where the other is a bad person that willing and breathes FUCKING breathes everything wrong

"can you pls relax

or I won't share these things anymore"

do not stop sharing these things with me as i can better help you have that emotional stability...

...

..

my forehead got numbed

"😐

I shoudln't have said anything"

but yes, i am glad and proud of you for taking the steps, that includes including me, in your steps toward standing firm and -Aeris stop saying that, now i make a boundary it just makes my head more worst.. do not say youll stop sharing, You did Good

never say nor stop doing that.. thats my boundary, even when my head hurts because of these trash bad persons

"but try harder to let it go

you told me I should let him go

and I did

now you do the same

block it"

my first boundary to you from the longest we have talked.. my first.

and yes i am calming down now as long as you did the right thing... it just makes it worst and making me feel the distortion in my head again as you keep telling me you will stop saying anything or sharing anything about it. I do not like that. it DEFEATS what we both talked about growing and maturing together which includes me helping you

so please remember, that the first inital instance i get a headache or distortion sensation in my head is not because of you... its the bad persons.

but once you start telling me you shouldnt have said or shared anything.. im getting that sensation now with you as a problem as that should not happen that you will stop sharing. do not do that nor say that.

again it defeats all weve talked about

So again, I am very proud of you on working and involving me in implementing your healthy boundaries for your emotional sake stability as we have almost talked about countless times

... i havent told you i have anxiety but noel and grace knows it... the thought of you saying similar earlier... pleaaaaaase do not, do not hide anything similar to me... just because you saw how it affected me... do not hide anything similar please

"you have set more boundaries 🙂"

I did? I havent said anything before tho... what are they?

"the other things we shared lol

don't worry hun, I'll keep sharing, but just relax"

Okay as long as we keep what we told each other, growing and maturing together healthily and stabilizing one another

"I won't shut you out

I need you"

Thank you that helps us keep all what we agreed upon together

"🙂

how is your headache?"

🙂 *shakes your hand and seals the deal* my headache is okay now, I just need to rest soon at 10pm as I feel the forces imposing their forces on my head again

--

--(another person) Im proud of him, just gently tell him in a happy tone that you have a schedule to sleep before 11

Im glad he is doing good, stay supportive while taking care of yourself as well

awesome nice to enjoy each others company how much you all progressed

Keep him stable, thank you for doing that, it is beautiful amd heartfelt 😊

"whenever he calls I say at 10.30 I will sleep

so he knows, don't worry

once he texted after midnight and I replied

and he said oh no did i wake you up

and i said it's okay, you can

but he said you should turn off your sound or i won't text anymore after 10

so we agreed i would turn off my sound and if there is something urgent he would call me at my number"

okay now you make sure you do before 11 starting today

and awwwwe that is considerate of him and yes i get him, sometimes you have words to say and need to send them but doesnt mean the person youre texting needs to be talking to you now

and good glad he has someone to run to for stability and support when something unexpected happens

"what are you doing?"

i am listening to music still the same one since this earlier, the spanish music.. just setting my mood like a self programming induced stability

"that sounds good"

how are you all doing? hehe having fun connecting im sure 😊

"--they're just talking

and having cake

but I don't touch the cake

bc of diet

do you watch sports?"

nods As long as youre enjoying the company of one another.

Mm im not like the usual men that watch sports.. i may watch it but, kinda boring.. but i know you appreciate the perseverance, dedication, focus, coordination and so on... but i mostly havent felt that high joyness from life like others would go fanatical and hype amd scream about during festivals, gatherings, or sports events... I havent experienced that, and noel said im not living life if i havent had an experience where something makes you squeeze your erm butthole..

so yes, i havent experienced a group sense of overly joy.

I think thats because im by myself and when i do get out to be in one, im not connecting to the feeling as everyone else are

my level of happiness i can reach is adoration, self sacrifice, contentment, nostalgia, reminisce, laughter, heartfelt warmth tears run down, slight egotistic competitiveness, wonder, recovery, and hyperfocus on "i knew it, called it"

"those are all amazing

well me neither, but at a soccer game, or a concert, it's true, you become part of a group, more as a whole, and sharing that joy lifing you up, it's amazing and so thrilling"

those are awesome and tennis is a good sport like golf but a different pacing, cycling is nice

i think ive seen different ways to enjoy cycling but ive just seen other people do it, mountain biking, dirt track with hills, stunts, and so on

"I like it in tennis when a game gets really intense

like a five setter"

that is interesting, the players must be really good 😊

"yes 🙂"

30 minutes left, how are you doing?

how are you feeling?

"I'm good

how are you

will you be able to sleep?

Hope you are alright and have a good night

hugs

❤️"

(continue pt27)

Part 27

(continued from pt26)

Take care and stay safe and emotionally stable, ill be calling it a night now, Good night Aeris

the message i sent didnt went through but I slept already before 10pm

Hopefully youre asleep now, please sleep well and be well rested, its 12:07am there and 7:07am for me.

tell me how things went last night, hopefully things went well, good morning in advance Elke 😊

--

--

I just realized I need to major in somewhere related to the quantum.

Quantum philosophy maybe

"Morning

How are you feeling?"

Good morning Aeris, how are you? what time did you sleep? im okay

"It was a bit too late, need to grow into it lol

You feel better than yesterday?"

mm what time?

Yes ill try to be more stable

"Around 1"

... mm

what occupied you?

"Kinda lost track of time

A friend

I connected with him the first day i got here

But hadnt heard from him in 10 days

Which is a century on discord lol

And we started talking again and suddenly that turned into four hours"

Its good you're connecting again, and maybe you can in a more healthy manner that is not sacrificing your sleep routine next time. Im proud of you for being able to connect with him, and hopefully you get to sleep early before midnight this night 😊

"The first week we talked all the time and then stopped. Apparentely he was out job hunting and I was too stubborn to send the first message"

but at least youre reconnecting now so just adjust the time where it is healthy still for you

"Yes we agreed to talk during the day now, since he found a job"

That is good and glad he found his footing 😊

"Yeah 🙂

Saw your Patri on one of my servers

According to her intro she dislikes toxic people lol"

But she is one.. a narcissist egotistic arrogant abusive goddess syndrome one

"hahaha

it's funny how her reality must be completely different

it usually is with these people"

Everyone hates her, her previous works and coworkers, and all her family

"she probably feels like a victim

of all the crazy around her

that is typically narcist

they seem to be surrounded by crazy ppl who hate them, by no fault of their own"

thats why she keeps having dreams she will die at 2028 a car crashing her on the streets

"🤦♀

bc everyone hates her?"

its psychological subconscious speaking her truth

"so what have you been up to this morning?"

Just had breakfast and trying to mentally stabilize myself while everything does their own thing around me and i also told dad about my insight concerning quantum and maybe taking that which he responded theres no way here in our country to do that but i checked and told him chatgpt listed all possible moves and actions for it (typical archons limiting the logos), and now ill be having lunch

"enjoy your lunch"

thank you

you all enjoy breakfast

--

done

"we're about to start"

Alright please enjoy 😊

--

"Done"

ill go listen to your songs so we can talk about them

"we don't have to do that every day yk

we can talk about whatever 🙂"

Sure thing, and also feel free to initiate me with anything quantum related

"but quantum physics and quantum filosophy might be two completely different things

we only touch the basics

but I can explain if you like"

"so first the intro

the difference between classic physics and quantum physics

in classic physics we like to understand the world in physical laws, like gravity and velocity, and make mathematical models to calculate pretty much everything

the assumption is that as long as you take every possible variable into account, you can predict the outcome of any given physical situation

in simplified versions, I could say: I kick the ball with that force, this is the mass of the ball, where and when does it land

in more advanced versios you would have to also calculate how the ball deforms, what heat this produces, what the resistance of the air is, if there is wind, and so on. But even then, we assume: as long as we know everything, it can be precisely predicted

a computer model could show the curve of the ball"

nods

"I also give the example of space rockets, if you calculate everything, like atmosphere, and fuel and force and heat in the motors and just everything, then you can model the entire trajectory and predict exactly where and when it will land

if there is a difference, it just means there was a variable that wasn't accounted for

so that's class physics, we call this: deterministic

everything can be determined and predicted

on a large scale (space rockets) to a smaller scale (football) to an even smaller scale (material structure and atoms interacting)

BUT: when you zoom in even further than that, to what atoms are made of, and even closer, to the quarks and the electrons and the tiniest particles, than there is an entire different story

this is the quantum world, the particle world where the laws of physics don't apply

still with me so far?"

im familiar with it through pop media like quantum mania antman

or lobsam rampa where you experience yourself within yourself

like each one has consciousness

"yeah that's something else

that's not what I do

I have no idea what that is lol

the word quantum could be used in many ways perhaps"

please continue im just adding the esoteric metaphysical aspect to it but lets continue with yours

"what do you know about atom structure?"

i dont know the specifics only a general incomplete picture of it

"the next steps might be more difficult then

do you know about electrons?"

like a miniscule solar system or planets that has orbits

"right

okay

so there's the nucleus, that has protons and neutrons and the electrons fly around it

the idea that the electrons fly like planets, stems from the classic physics, where we like their paths to be predictable when in fact, they are not

scientists have tried to calculate the orbits of electrons and have suffered for it lol

bc particles behave in a strange way

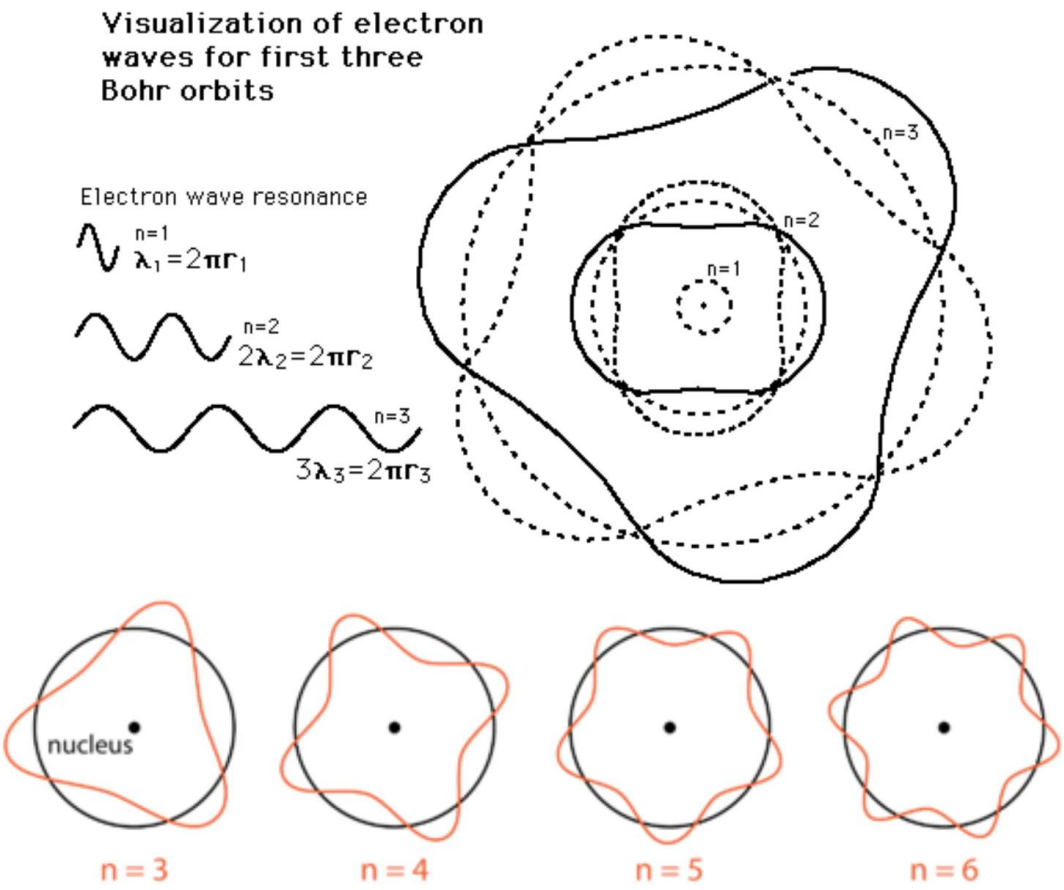
first of all: an electron is a particle as well as it is a wave

much like light, we all assume light is a wave and electrons are particles, but they are both

light is foton particles bouncing around with the energy of a wave

electrons behave like waves with energy as well, so if you must calculate the orbit, it wouldn't be round

these are examples:



electrons with a different amount of energy would make a different pattern"

in esoterism this is the square inside the circle, and the circle inside the triangle. wonder if quantum is able to explain the philosopher's stone in connection to 3 suns etc

yes thats why theres this terminology where quantum.. to my general overview is eletromagnetism in nature

please continue

"yes it's an electromagnetic wave

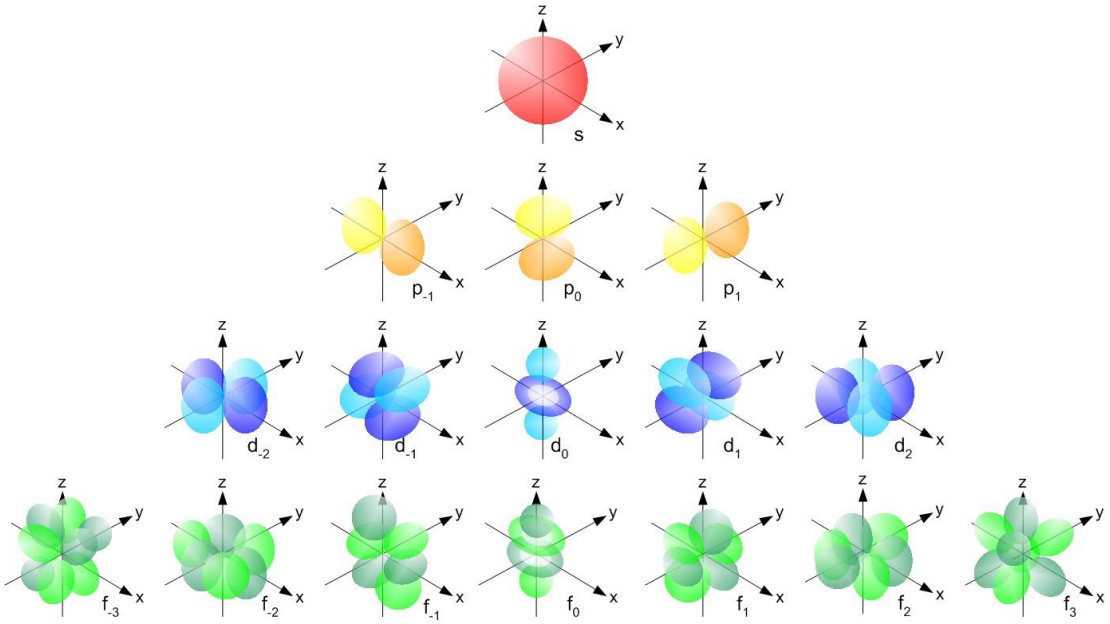
so this was calculated but still they could not precisely measure

all we can say is that the electrons move inside orbitals, that is a space around the nucleus with a certain shape

and there is a high possibility of the electron to be withint that space at any given time

but we don't know where and we don't know how fast

this is work of schrodinger



these are the shapes

the electrons with lowest energy stay closest to the nucleus and they are in the s orbital, the sphere

other orbitals are for electrons with higher energy

so this is new in physics, talking only of probabilities, not being able to pin it down, no matter how much you try to measure

that is what schrodinger meant about his cat: as long as you don't check the box, the cat inside could be either dead or alive, therefore, at this moment it is both. The electrons could be everywhere and therefore, they are everywhere, in the orbital"

please continue and also ask me questions so that we may determine what memory i am lacking that way we can address which ones im lacking and should be expounded or else it all may just go through my head as i am not familiar with it and has nothing in my memory to hold it

"you can ask whatever doesn't make sense"

all of it, terminology wise, symbolism wise, theory structure wise... i am lacking and so i can only understand it through the lens of an esoterist (old science some call it).. at least to what i am familiar with... i apologize

"that is not your fault, it is the same for everybody who tries to learn about quantum physics, it blows the mind, even the scientist mind

it's the nature of the matieral

maybe we should have started with basic physics 😉

the basics of quantum physics is: zoom in deep enough and you enter a new and unpredictable world where the laws don't apply"

Even basic physics i have no academic memory... i told you i had been isolated from society for 17+ years so basically i am uneducated (typical logos ignorance submission)

"I know, that is also not your fault, and I could help you with everything, especially anything science and math related

but you just picked the most difficult subject first 😉"

Thank you.. yes it was deliberate how i am subjected into this state, memory also keeps failing even with my esoteric studies (as a logos not to ever remember and devulge the demiurge).

i dont know what the difficult subject it. I am totally ignorant

"you are not, you know a lot

don't say bad things about yourself"

okay please guide me with what im lacking with. Math never sticks to my mind how hard i try as well and applied trachtenberg's method and only familiar and not perfect with times 12, 11, 9, 8, 7, 6, 4, 3 and if i do them now... i have forgotten and need to look at notes again even when i drilled each times formula for a month or so... im slow and the problem is it doesnt stick how long..

i thought its a memory intelligence problem... but yeah just typical logos/sophia experience

"maybe it's a mental health thing

Your mind can only learn once it feels safe

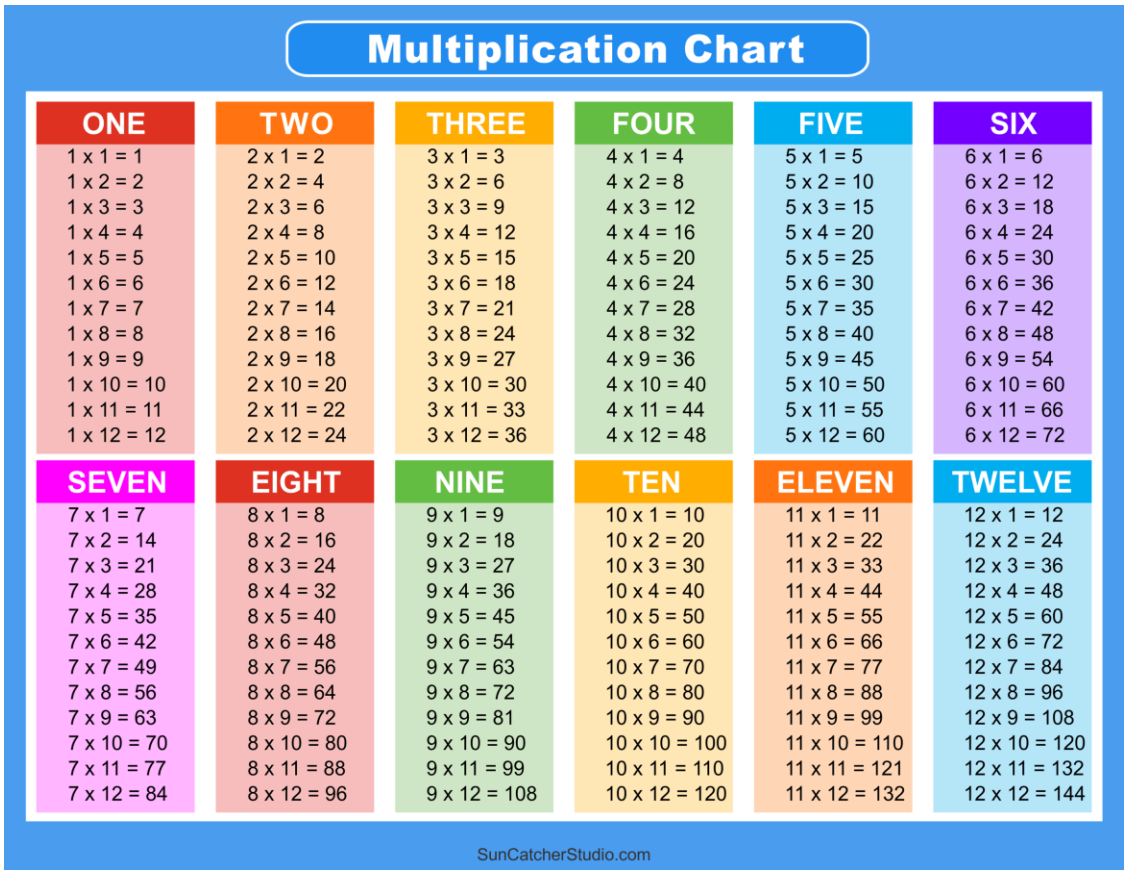
even if you had been in school, you might have failed bc of the situation you were in at home

I have never heard of Trachtenbergs method

I just looked it up, that is waaaay to advanced

You need to start at the basics

all you really need to remember by heart is this:



here kids learn this at age 7

to know it and remember it without calculating"

im not safe ever, now or reincarnation wise.. they killed me even when im embodying pure love towards sophia as jesus (jesus is the logos or truth) and they distorted that history to further feed the demiurge, and now they are just waiting for me to be dumb enough and lacking memories all the while forcing

every conceivable pulls and push on me for the logos to accept fully this demiurge and forever be trapped and imprisoned.

thats why they didnt schooled me because they know once i awaken and with me having an academic blueprint how the demiurge works especially quantum.. that i can reverse it to achieve total liberty and freedom from the narcissistic prison matrix

"i see"

Thank you so... i just need to memorize that by rote? like a language vocabulary?

"it helps to calculate pretty much anything"

okay it will take me days to memorize that... thank you.

and then we can continue and or you testing me through application

"days is optimistic 🙂

the kids here get months for that, one at the time

have you been talking to more friends or new people?"

No just you mostly for a week or so now (you said a week since we met) and i only talk rarely or once in a day and not all day to my other old friends now, like Nick, Grace and Noel havent talked with me since last time youve known they did. Nathan hasnt as well from last time i told you. Stephanie my faded bestfriend is not talking to me just hearted my 16 parts gnosis i sent last time. E hasnt been talking and only did a bit concerning the gnosis and she took it as literature. Another Patricia sometimes talks but casually and just a few dm how are yous. Billy checked up on me but thats it, just a hey... theres a new guy named emmanuel that dm me exactly the day i did the 16 parts and i also sent it to him and he said dont send more as he still hasnt got done reading and havent heard from him yet.

Tara my capricorn first bestfriend hasnt been contacting me since i last sent her a dm like 3 months ago or so

so 95% is you Elke, 2.5% both for Patricia and Nick

and i have been inactive and not participating to all servers since talking with you Elke

(continue pt28)

Part 28

(continued from pt27)

"is that a good thing or a bad thing?

I don't think you share all those deepest thoughts with new people though

You'll scare them away"

Lol like what happened with Grace "dude dont scare me talking like that" and then Noel "what are you sending me buddy" and then oh i have another friend Mystiche and i talked to him yesterday but we dont talk for days and i thought he would understand as he put something similar in his bio "why let order rise when chaos gives life to it" that is exactly related to nothingness/source being used up by the demiurge/creation... and so i asked him but he didnt know demiurge and what he put was just from a lyrics

and right now Nick was telling me how he wanted to understand what and why im into that and how he can steer me into the right path and i told him for him to understand whats troubling me he has to check jesus as the logos trying waken us through sophia against the demiurge matrix... and then told him after he has done that then he can know how to help me

"I think Nick is really nice and patient and I'm afraid you push people away like this

we live in a different reality than you do, and if you only want to connect through your belief system, then you will lose connections"

Sure is.. only those right will stay.. i know this will happen because the demiurge wants me to be left with no choice but to submit.

so.. are you going too? i guess ill ready myself youre one of the demiurge now

"i'm not going

I'm one of the demiurge now? 😐 are you for real?

:((("

the demiurge uses all push and pulls for me to deny the truth and forget and to surrender submit myself under control.. push and pull...

so i wouldnt be surprised if youll be a medium to do that, you making me choose to leave my truth or you will leave and me losing you

"I see"

i will just see depending on what you do if youre being used as a medium to make me abandon my truth that i cannot stay with you while having my truth

"you are creating a self fullfilling prophecy

because

hear me out

what if I'm not part of that demiurge plot

and I'm just a girl trying to love you

and a girl who hears you believe she's evil trying to take you from your truth

don't you think it is possible that she leaves because of those hurtful things you say

and not bc there is a demiurge involved

so I either let myself be hurt by you this way or prove that I'm evil? those are my options?"

Then why cant you let me have my truth and still be with me, and continue what we agreed staying and growing, because it sounds like youre making me abandon my truth as you suggested earlier i push people away and in a nuance that may also be you.

I do not let you abandon your quantum knowledge and im still here accepting you as a whole person

why do i have to abandon mine just to fit in? same with how it went before with people saying world is flat vs a sphere..

I said the words IF, MIGHT, etc youre one of them

and now youre telling me im saying you are

when I said IF, MIGHT, etc and youre reacting like i believe that you are when I said "I WILL SEE depending on what you do"

"it's hurtful enough that you consider it

I never said that you should abandon your truth

I just said you shouldn't expect everyone else to step into it just to connect to you, as you told nick he can only help you once he changes his own beliefs

keep your truth and let others keep theirs"

People accept when others are into philosophy, quantum, sports or anything else, and its the same with my truth im holding so why should i leave and abandon that just to be in a communication and relationship. the madness from this fucking demiurge and his archons.. and the reason why is it hits the demiurge's existence itself thats why im not accepted to have this truth with me unlike other who have either, science, religion, quantum, and other stuffs

"you are not even listening, I said you don't have to abandon your truth

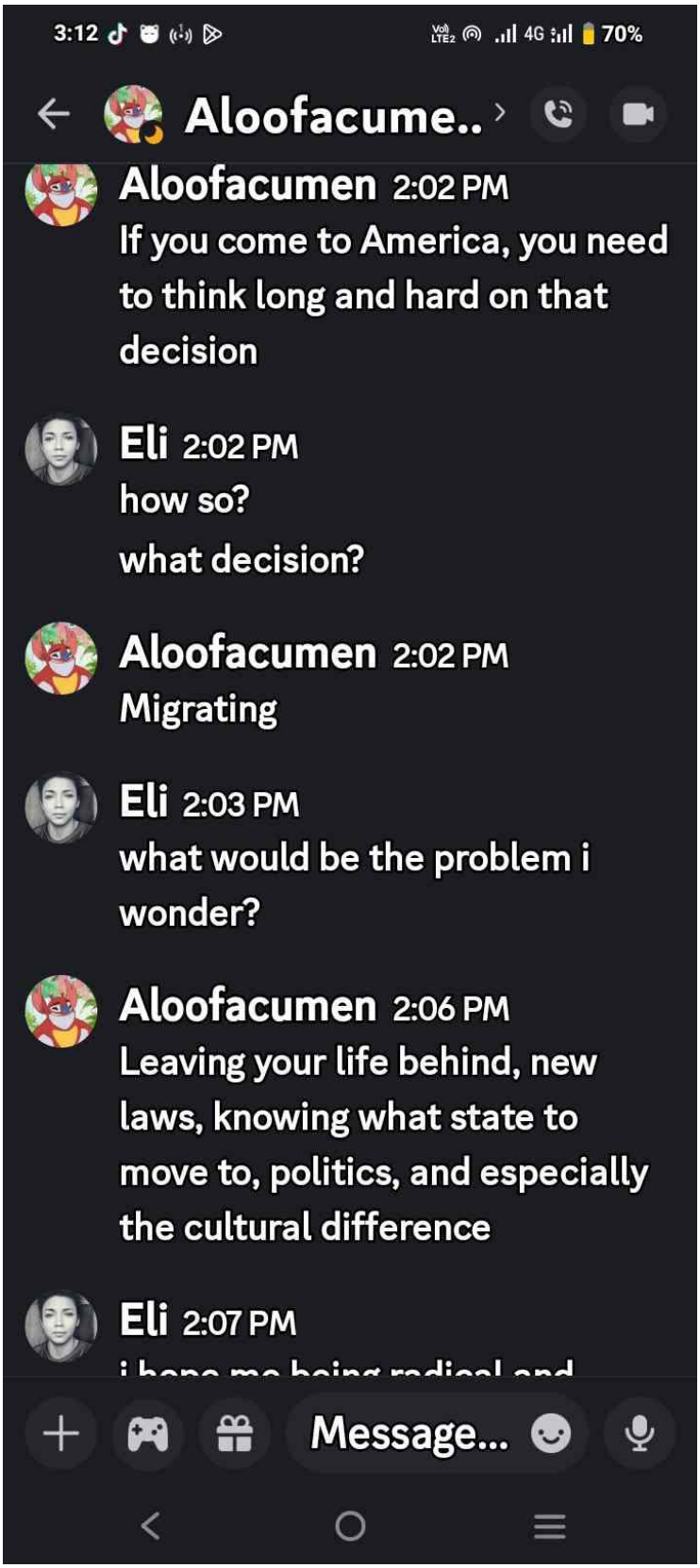
I believe in connecting regardless of beliefs, I have had friends who were muslim, or Hindu, and I never once felt like they needed to accept my truth as their own, I wouldn't force mine on them either"

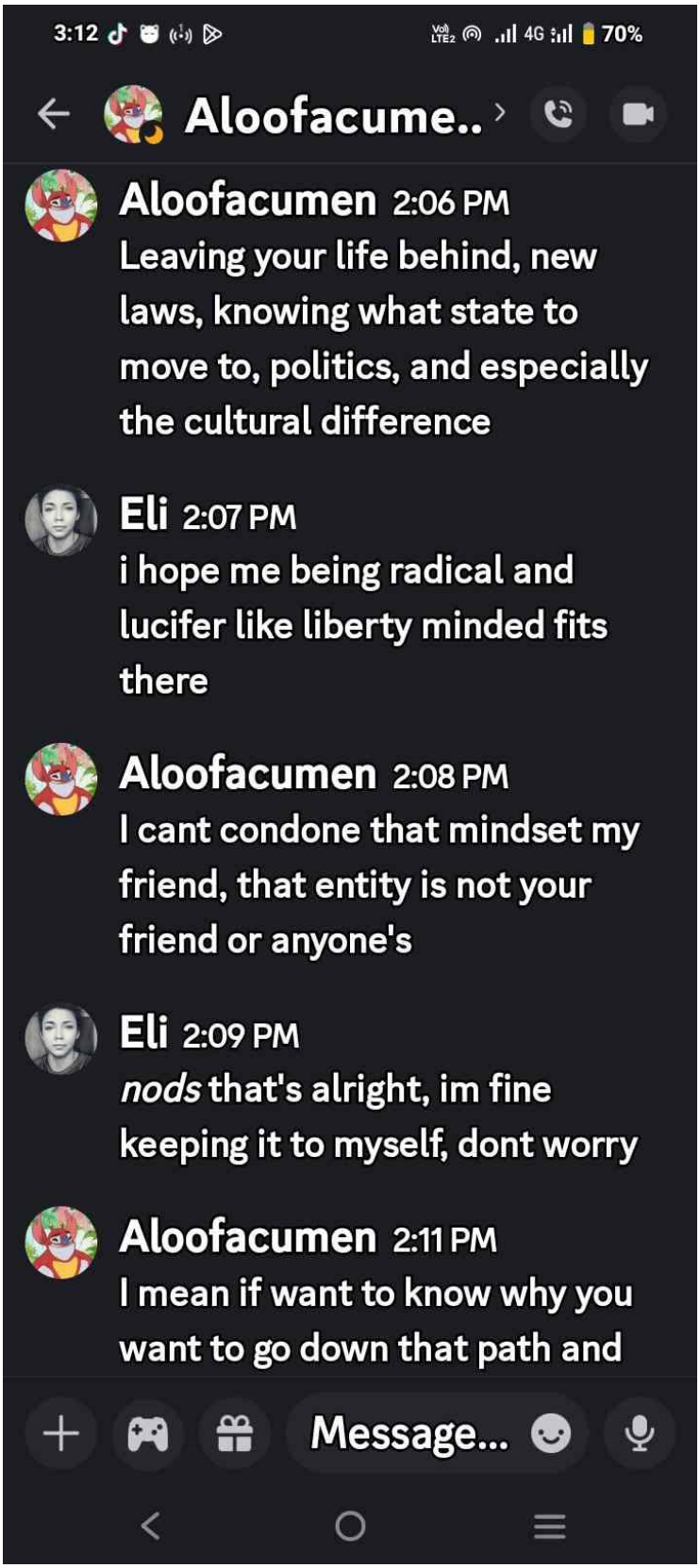
DID I SAID I WANT HIM TO CHANGE HIS BELIEFS? I did not say that VERBATIM. I said for him to go do some research if he wants to know exactly whats bothering me

its the same thing you do when you try to help someone with a different subject rhey are having trouble with say, say diabetes, or depression and you go look it up and do research ON IT BUT NOT TO CHANGE YOUR BELIEFS BUT TO UNDERSTAND for you to help them or that person

have i told nick to change his beliefs verbatim? NO. I. said. that. after he offered help.. and he said verbatim he wants to know WHY i am going this path -doesnt that mean he NEEDS TO KNOW TO HELP? why am my words being twisted here like i just told someone to change their beliefs

HERE IS THE SCREENSHOT


3:12
70%
Aloofacume..
Aloofacumen 2:02 PM
If you come to America, you need to think long and hard on that decision
Eli 2:02 PM
how so?
what decision?
Aloofacumen 2:02 PM
Migrating
Eli 2:03 PM
what would be the problem i wonder?
Aloofacumen 2:06 PM
Leaving your life behind, new laws, knowing what state to move to, politics, and especially the cultural difference
Eli 2:07 PM
Message...


3:12
70%
Aloofacume..
Aloofacumen 2:06 PM
Leaving your life behind, new laws, knowing what state to move to, politics, and especially the cultural difference
Eli 2:07 PM
i hope me being radical and lucifer like liberty minded fits there
Aloofacumen 2:08 PM
I cant condone that mindset my friend, that entity is not your friend or anyone's
Eli 2:09 PM
nods that's alright, im fine keeping it to myself, dont worry
Aloofacumen 2:11 PM
I mean if want to know why you want to go down that path and
Message...

"Okay i'm going, if this the agressive way you talk to me"

I knew you would do this it was a pull and push tactic..

when im only saying accept and leave me with my truth even if we are together

"Right, I guess you knew I was evil...

I never said leave your truth, wth, reread, you're the one twisting words! I just said you shouldn't send all that stuff to someone you talk to just one day. But do whatever, it's fine.

and you are the one pushing people away, you and the things you say, not some demiurge using me"

I am not saying youre evil you are being dramatic and emotional and twisting my words and making it seem im the one making and pushing you away

i said IF, and MAYBE

And you said you accept those who are muslim and other stuff and not expect them to be same with your belief then prove it. STAY. And ill add another boundary... let us not have another similar talk like this as it will lead to an argument

"you think I want to stay with someone who thinks MAYBE i'm evil??? you don't think i've been hurt enough? of course I'm emotional, what do you think? I give all of me to you and you say maybe I'm evil. That would make anyone emotional. That is not being dramatic and you calling me dramatic for crying over this is gaslighting."

I am offering a solution right now, let us never get to another talk like this in the future us it will destroy us and our connection. You want that? I dont. so thats my other boundary.

now, i apologize for calling and inisuating you might be evil, and i apologize for having another argument with you like this and hurting you again. even saying youre twisting my words.

we have another level of argument. now are you staying or not?

i apologized and i also said for us never to have another talk like this, else we both destroy our connect.

so are you staying after all i am saying right now?

"yes

but even without saying it, you still might believe I'm evil..."

I apologized for all ive said to you demiurge related. Let us never talk or have anything like this related as we have locked up the others that CAUSED an argument that has almost made is sever ties ALOT OF TIMES

forget everything i told you concerning you and the demiurge... take it as nonesense.

I wouldnt be here holding on to you

if

you

are

the

demiurge

part of

the

demiurge

that doesnt make sense for me to stay with and look at you with an evil eye "shes evil"

"I just want to be Aeris"

Done. Let us close this demiurge topic like with the other ones we have closed and never brought again. we will never bring this up as well like the rest we locked up.

i will stop telling you about my experiences that concerns sophia, logos, and the demiurge

"And then you ll feel lost and lonely"

Done.

Now lets talk about something else. No more metaphysical/spiritual/esoteric/universal gnosis talk that refers to you as another person.. but Aeris

I am not lost or alone. dont worry. im okay with myself

"I stopped crying"

Im sorry i hurt you again... again, but you sure this is a kind of connection you want to stay in?

always hitting a ceiling to breakthrough and seeing how far we go and grow towards another ceiling to hit? because with humans having a genuine connection... and you know this... IT IS CHOOSING TO STAY EVEN WHEN YOU DONT FEEL LIKE IT, EVEN WHEN THE PERSON IS NOT ON THEIR BEST, TO CHOOSE TO STAY AND ACCEPT THEIR HUMAN FLAWS, AND THE MORE YOU STAY WITH A PERSON THE MORE UGLY AND IMPERFECT THE SIGHT WILL BE, BUT THIS, THIS IS TRUE GENUINE CONNECTION, AS LONG AS BOTH CHOOSE GO FORWARD AND STAY AND GROW, READJUST, RESET BOUNDARIES, HONOR BOUNDARIES THAT STILL APPLIES OR CHANGE IT ACCORDING TO GROWTH OF THIS TWO PERSON TOGETHER.... is this a connection you are willing to have and commit and ACCEPT and know we will always hit another ceiling that will ask both of us

are you, are we, am i willing to grow through this next current ceiling or never go through it and fall?

i was typing a long message sorry

"why this? have I not agreed to stay?

I feel caps as shouting so you are intimidating me

are these your doubts?"

I am just making sure we are both clear on this because you have countless times said you will leave

i never said from all our progression of growth of how many times we hit a ceiling and grow past that upwards that i will leave

i never said throughout all those levels of growth that i would leave nor expressed it to you

it was always and even earlier, you that keeps on saying and making me feel you do not want this anymore

and what is this exactly we have? a growing genuine connection expected to have ceilings, downs, bad days, to breakthrough -and thats exactly what i made clear.

so i am firmly making it clear thats what we'll have and asking you, are you committed? do you TRULY want that kind of connection that is genuine.

because ive heard you say countless times you express leaving and i have not

"when I say i'm leaving I mean taking a breather, being away from the screen and the conversation for a while

"it was always and even earlier, you that keeps on saying and making me feel you do not want this anymore" what??? where????"

THANK YOU for clarifying that. I will remember it by heart. As i will never say and will never intent on leaving.

"I have given you nothing but commitment through everything, so it's not fair to say that I threaten to leave all the time"

never mind, it is clear now that you are not saying "i do not want this anymore, i am cutting ties with you" every time you say you are leaving or me pushing you away

"I have not said I don't want this anymore, yeah, I don't want you shouting at me, that's fair I think

by pushing me away I mean creating a distance between us

I'm not going to cut you off"

as please do understand... you never made it clear to me what you mean by "leaving" or me having pushed you away

"you'd have to hurt me on purpose for that

true, but as I am autistic, you would need to make a habit out of asking what I mean instead of assuming the worst and getting mad

You're the only one I talk to all day and I miss you every time you're away, why would I ever want to leave?"

that i will never do like intentionally hurting you deliberately because i want you to hate and leave me... i dont think ive done anything like that as all the me pushing you away is just whenever we have a misunderstanding or an argument

You are the same to me, you are my half

"same

I really need to go running now or else it will be too late, I will get hungry and it gets too warm outside"

please do so and stay safe

"thank you"

And thank you too for clarifying what you mean whenever were in a state that im pushing you away or making you leave

--

--

"Done

Sooo thirsty

Almost home"

Im proud of you *hugs you*

"I was thirsty from the start

Happy I made it to 10km"

okay please drink water when you get home and wow! thats quite a feat! you should feel very satisfied hehe im really proud of you!

"Me too lol"

😊

"First time this year with short sleeves"

Interesting why is that?

(continue pt29)

Part 29

(continued from pt28)

"Cause its hot hahaha"

--

Awwwwwwe

"20 degrees"

You're such a pure soul I went awwwwe when I saw your photo

"I guess you don't think 20 is hot haha

that's nice of you to say

awww melting 🙂"

Im not sure but i think it is, dont know how hot it can be here

"you don't go outside much?"

It is TRUE, you have a radiance mature pure soul in you and i love it

I do, and being inside is already hot as well

"oooh palm trees"

hehe

"thank you for sharing that 🙂

palm trees feel like vacation

and blue sky"

You're welcome

"such a nice view"

😊

--

--I like how it is misty from afar

"--we live on a quiet street

kids can play on the street--"

--Sure is lovely and adorable everything you shared described.. the beauty of life

--

that is all lovely

--

Wow.. that is stunningly beautiful

--

--Awwwwe

you did took a successful shot on the third one

"no she can be so very pretty when she sits with her lion's manes"

Awwwe

Thank you for sharing all these beautiful parts of life

"--this is where I work"

Wow

--

--whoah

--interesting

--Hmhmm that is all beautiful

"I guess we're lucky to have that legacy

does your town have a history?"

mmm mostly spaniard old buildings and or war time structures from the americans and the japanese

but in the city where im in, i dont think theres an old structure here

"what war was that?"

let me see if i can send you photos

war during the second world war when the japanese were here and also when the americans were here too

"is that what they call vietnam war?

according to wikipedia, you have a rich prehistoric history, with fossils and early life"

ah yeaah

the vietnam war was in vietnam fighting the communist party

"that's after WWII then

we only know european history :/"

Youre okay dont worry

here in the philippines we have been colonized by the spaniards then the americans then the japanese and then americans and then we fought for liberty

"you have a long history though

long before the spanish

unlike america haha"

Ah yes

"their entire history is like our final short bit of history

every town here has houses that are older than America is"

Exactly

one of our dialect (100s of dialects) is connected to sanskrit, which is tagalog

"that's your language"

one of our language here

filipino/tagalog is the official national language dialect

"is filipino a synonym for tagalog?"

Yes and also filipino is used to refer to a people and also to males and filipina for females

"yes you've used that

how far are you from the sea?"

i am in palawan, an island part of the philippines and we are surrounded by the sea and the west china sea

also near spratley or freedom island

"I know, Puerto Princesa City, right?"

yes thats the capital city i think

"it's the only big city so I suppose

do you live in the busy part of the city?

and how far do you have to walk to reach the coast"

that i do not know but there are a lot of beaches here

im in the middle i think, near bay walk in puerto princesa city, my dad helped with the city planning so like the bay walk, it is his

"You never go?"

im mostly isolated at home

"But you dont have to be"

dont go out with anyone and i dont have friends outside

i dont join event groups.. because im kept home

"I go outside alone"

i tried before

i join a gala show event

i enjoyed and made a family group with my intraining would be callcenter co workers

i had joined the church youth activities like team building

im just always kinda odd

but others love me

i mean me as a company and me genuinely treating everyone like family and or bringing them into a whole group

"You can enjoy being outside without forcing yourself to be part of a group

Just go exploring

Get some excercise, vitamins"

I did before, even going on jogs on memorial parks

"Jogs arent fun when you re not used to it

Try to find something fun

Install Pokémon 😛"

Lol i have almost all the pokemon games in my phone with a gba/gbc emulator

"Pokemon go?"

Thank you for inspiring me with life

no i havent got that yet

"Install it, I have it too, we can be friends lol"

alright let me check

"Which ones do you have?"

i have emerald, sapphire, ruby, leafgreen, firered, original red, green, and yellow, and then i also have something on the ds emulator like pokemon nobunaga something, and another one i forgot

"I have no idea what all those are"

oh just variations of pokemon games with some difference

"We just Play pokemon go"

I have pokemon go now, lets see if it works for me

"Nice 😊

does it?"

okay it works and i just realized it wont move a distance even when im walking around my room, meaning i have to go out as the map showing in the game is exactly my city i just realized because shows a baptist church nearby and other stuff located in my city

"yes it's like a navigating system, every road is on there, whenever we go for a walk, we use that for navigating lol"

Hehe neat

"every interesting thing in the neighbourhood is probably a pokestop or a gym

so you'll need to visit those to advance

and when you walk, pokemon appear on the map that you can catch

gotta catch em all 😉

I can add you as a friend and send you a daily gift"

Yes like in the classic games, lol and ill have to walk in real life now to go battle a gym trainer in that specified area in the game

um sure? but youd only see me often just in one spot unless its sunday where i go to church

"oh it doesn't matter where you go

I can't see where you are

have you caught one?"

oh, so if i add you i dont see your location if you walk or not as well? interesting

only one, squirtle for a starter pokemon

<(i picked it as water M represents Sophia)>

"first the four main ones arrive

yeah if you don't catch that, one of the other three appears

I didn't know that either, so I caught the squirtle as well

so when you catch it, you also receive candy that you can use to evolve it"

oh you caught the squirtle too hmm nice

"maybe the game can motivate you step outside sometimes, just catch a few pokemon and then return

it has for me

back when we started"

that is really nice

"so if you know your color: a gym can be 'taken' by a player when he defeats all the pokemon that guard it"

Thats interesting

"then the player can leave a pokemon of his own to guard the gym

the gym then becomes his color

other players that arrive at that location: when they have the same color they can add a pokemon of their own

if they have a different color, they can decide to defeat

when defeated, the guarding pokemon return to his owner and his health has to be restored with potions, he gets coins for every hour he guarded the gym

so, in our town, the polite thing to do is: if a gym is guarded for more than 8 hours (receiving the max amount of coins) it's okay to defeat it and give the owner his pokemon back and his coins, it's not really nice to defeat a gym that is only newly guarded as the player won't receive anything

at first we did this, cause the other players were anonymous strangers, but by now, there is a community lol, so whenever there is a raid that needs more than a few players, they ping the what's app group and say: come to the church now, big raid going on, and they also meet up every wednesday at 6 to do a couple of raids

and we all added each other as friends and sent daily gifts cause friendships really boost the XP and the levels"

lol that is very nice and fun everyone participating

--

"--she meant she might die soon

but she didn't"

And im glad you all get to celebrate her 98th birthday

"she used to be convinced she would die at 96

she's known plenty of old ppl

and nobody made it past 96

so she's been explaining where her gold is and all haha

and never talked past 96

but this winter I saw her grin and say : I want a huge party when I get 100

and it warmed my heart"

😊 that is very beautiful

"🙂

okay I'm going to try for a nap

talk soon Eli"

please rest well Aeris, thank you for inspiring me back to the beauty of life *hugs*

"*hugs*

--

I'm back"

welcome back

"I'm kinda out of it lol

how are you feeling?"

Im okay just resting 😊 im glad you somehow rested

"meh don't feel it yet but I guess it will help

I just got a lovely question from somone on here

he asked: what is your favorite thing about you, as a person

..what would you answer about you?"

Remembering the truth

thats what i cherish about myself

what did you answer yours?

"I said I'm kind and accepting without effort"

😊 that is good

"I love a lot of things about myself

what else do you love about you?"

pretty much everything you know about me from all youve witnessed from talking and growing with me... just being genuine and true to myself including growth and acceptance of wrong doings and reflection

"those are true things and wonderful things to love about yourself

I'm glad you can see that as well

knowing how unhappy you were (are?)"

nods

"back when you hurt yourself, did you not love those things in yourself?

I mean, I know people hurt themself out of self hate, but also as an escape while still loving themselves

I guess for me, I have suffered self hate in the last couple of years, and had therapy for that. But when I still hurt myself, I didn't see myself as someone who deserved to be hurt, I was trying to do that to escape the hurt that others did to me

in therapy, when someone is despressed, they often say: you need to love yourself, as if that would fix it all, but I guess it doesn't"

Those times ive not love myself is when i compare myself to others how mediocre i am, how im not in the same pace, how i am not being seen as a whole and only judged as parts of myself, not fitting in and not belonging anymore...

those type things are what gets me down and sometimes really down when the universe itself speaks i do not belong in anywhere nor even to exist.

That, those are what made me commit suicide before...

thats why from the faith marie antidote song

"No one knows what goes on up inside my head

There's a new kind of poison and it's starting to spread

But I didn't think the antidote was in my hands

I can change my plans I can change my plans

I tried to find my reflection on the glass

But all I ever saw were the things I lacked

All the smudges on the mirror made me go insane

All I ever thought I was

Was a mistake"

i can change my plans starts to hit me as all my life ive been trying to belong, to fit in, to make the best with what i can, you bittersweet persevere forward with clenched fists

But all I ever saw were the things I lacked, part just start piercing my heart

All the smudges on the mirror made me go insane

All I ever thought I was

Was a mistake

the last part i would break down and cry hard.

next would be Go the Distance

""I have often dreamed, of a far off place

Where a hero's welcome, would be waiting for me

Where the crowds will cheer, when they see my face

And a voice keeps saying, "This is where I'm meant to be""

this hits me hard in the heart because all my life i just wanted "home" somewhere where i belong and accepted genuinely

"I'll be there someday, I can go the distance

I will find my way, if I can be strong

I know every mile, will be worth my while

When I go the distance, I'll be right where I belong" I know every mile will be worth my while wrenches my heart for all the hardship i have gone through with a hard face and gritted teeth, it hurts because all those years ive only acted tough just to last through, just to

reach that dream, that goal

"Like a shooting star, I will go the distance

I will search the world, I will face its harms

I don't care how far, I can go the distance

Till I find my hero's welcome, waiting in your arms"

i will always break down with me having to push and convince myself i can go the distance and every mile will be worth my while just to have that final rest, be embraced.... "welcome home"... this is making me teary.. me typing "welcome home".. im just holding it back

(continue pt30)

Part 30

(continued from pt29)

"*holds you close*

You belong here babe

I think it was different for me. I just wanted people to leave me alone and not invade my peace and hurt me. I didn't long to belong to others. I mean, of course, we all long to connect, but that was not deepest source of unhappiness. Probably because I was loved by my mother. I had my safe space with her. I just wanted it to be safer so others couldn't reach me there. I do understand, from my autistic point of view (not saying that you are), that intense feeling of not beloning, of being the odd one out, of others feeling like aliens or just being the alien myself in a world that doesn't fit me

and I know many autistic people have felt like this before diagnosis"

hugs you thank you my dear Aeris

I can only comfort you with how youve gone through everything youve experienced in your life by just me being here for you and giving you your rightful what you deserve love and connection... no words can comfort you with everything youve shared than that

"Oh I don't need comfort sweetie, it doesn't hurt me anymore

I have healed from those aches"

right i sent that before i read your next message and realized i said the wrong thing after reading yours and i just understood what you meant after rereading it, and i think thats okay

"you did no wrong thing

offering comfort to someone who isn't in pain is not a bad thing, it's sweet 🙂"

I understand your point now after rereading it thrice. You are keeping a cherished safe space in you as untainted and unreachable by others that may taint it as, you've already got home/love in the first place and just need to protect that.

i didnt have that. thats why i am searching for it to belong and be embraced that "i am home".

i never had a home.

just a house with my mom and everything else i wouldnt repeat here thats happened in my life.

you had home thats why its in your heart, you just dont want others to reach that and ruin it thats why you need to feel you need to find a home to be embraced as you already have it in your heart and what youre doing is beautiful by keeping it as prestine as it always have been

its good to have sense of stability within you that no one can touch. I respect that *nods*

"I hope I can offer you a space where you can feel at home"

I already am with you and growing with you and slowly finding one within myself with my remembering of truth

"in your house with your rooms 🙂(metaphor)

I don't know what it is about you, or how it is possible after such a long time, but I can't help but completely adore you

when I think of you I just feel an overwhelming sense of affention, like I could just squeeze you tight and adore you 🙂

I think with pets that is called cuteness agression or something lol

https://en.wikipedia.org/wiki/Cute_aggression

without the biting lol"

I would love that. When im in my feminine personality, i do exactly what you just described and just want to give cuddles and lots of kisses to my pillow or in my mind to baby animals or just pure adoration for babies

"The word gigil in Tagalog describes an overwhelming feeling of joy in reference to something cute, as well as the wish to squeeze it

it's as old as your language 😉"

yes *nods* 😊

"you would love that, minus the biting right haha"

I dont think ive bited -no i dont, because even when i squish my pillow and make cute noises as i bury my face and nuzzle as i cuddle it a bit tighter -i always remind myself to let loose and not be too much and consider the "feelings" of my pillow and then give it long and a lot of tender kisses to say "i am gentle with you"

"omg you're just the cutest to ever exist

do you not cuddle your pillow when you're masculin?"

I cuddle my pillow in my masculine gentle protective nature, or maybe similar to a mother that lets her child rest and feel safe in her embrace... im not sure if thats masculine fatherhood.. maybe similar

"that is still very sweet 🙂 Do you imagine then being cuddled back?"

yes and i built a sense of feeling an entity of love embracing and loving me back whenever i call forth that emotion of mine, i would sense a feeling of being kissed a lot and or cuddled with the same affectionate love im giving

"that is amazing, it must feel great to experience that feeling, maybe make you feel less alone"

Yes and letting me feel my love back towards myself.. physically no one has given that to me that same depth of affectionate gentle loving care but just my own energy with my pillow

from a distance someone is giving it to me exactly as how genuine i am in giving it.

that is you Aeris

":)))"

I can also sense if someone is pretentious in giving or showing affectionate love... i just have an automatic aversion amd dislike to the person and feeling criticizing them even when theyre just showing

love, that confused me before as i question myself why would i have negative thoughts to others that just offers love... now i know. its fake.

"maybe it's part intuition, but it could also be trauma"

nods

I would have to witness your genuine loving care in real life for me to tell if i have trauma that makes me reject love when im given it.

if i still feel the same with you being genuinely loving and caring then, i just have an intuition.

but if i start criticizing you in my head..... i have a trauma problem

"I can show you my loving care in real life in pictures with my kids"

--

Awwwwwwwe he looks really in the vulnerable state which you can only be when youre feeling safe and true caring genuine love. I can see it in his eyes like teary

--

Awwwwwe im giggling right now and feeling that gigil a bit, its sooooo adorable and beautiful that others would call me gay

"you can be masculin and straight and still giggle and cuddle"

nods 😊

"I've had squishy cuddly boyfriends

they were not gay lol"

okay *nods* hehe

"maybe you're just not an alpha male, but we don't all need that"

nods im not an alpha yes 😊 i will have to sleep now, thank you so much Aeris for showing me all the beauty of life and genuine divine love, thank you

"have a good night sweetie"

--

"Updates on the discord front: I broke things off with Rayan, the young depressed one. He became too toxic, and I've been better setting boundaries. He's hurt, and it's difficult for me, but he was really mean.

I'm talking to someone new who started talking today. He's 37, from Sweden, married with a child. He sounds nice, engaging conversation, open and honest. He's actually the one who asked me the question what I liked most about myself, the question I told you about earlier. But it's still Discord, so I'm being careful with my expectations."

Awwwwe! That's good, he does sound like a good soul and i hope so 😊

with Rayan... we can only hope he'll find his way somehow.

and concerning you, I am glad you are taking good care of yourself, and sticking your healthy boundaries for emotional stability, i'm proud of you

"Good morning

How are you feeling?"

Im okay

How are you? what time did you sleep?

"Umm around 12

Im okay

Just having breakfast now"

Heyyy thats not bad, im glad you get to sleep at least midnight

"Sure

Kept talking to the new one until midnight

Then we said goodbye and said we d talk today

Do you want to see what rayan said or will you get upset?"

--

Im here, just had to do something first involving my emotional stability with my mind

Awwwwe that's okay and im glad you are connecting with the dad person

Sure thing, i wont mind, has Rayan still contacted you from last time you told me?

"yes all the time"

Sure i dont mind you sharing

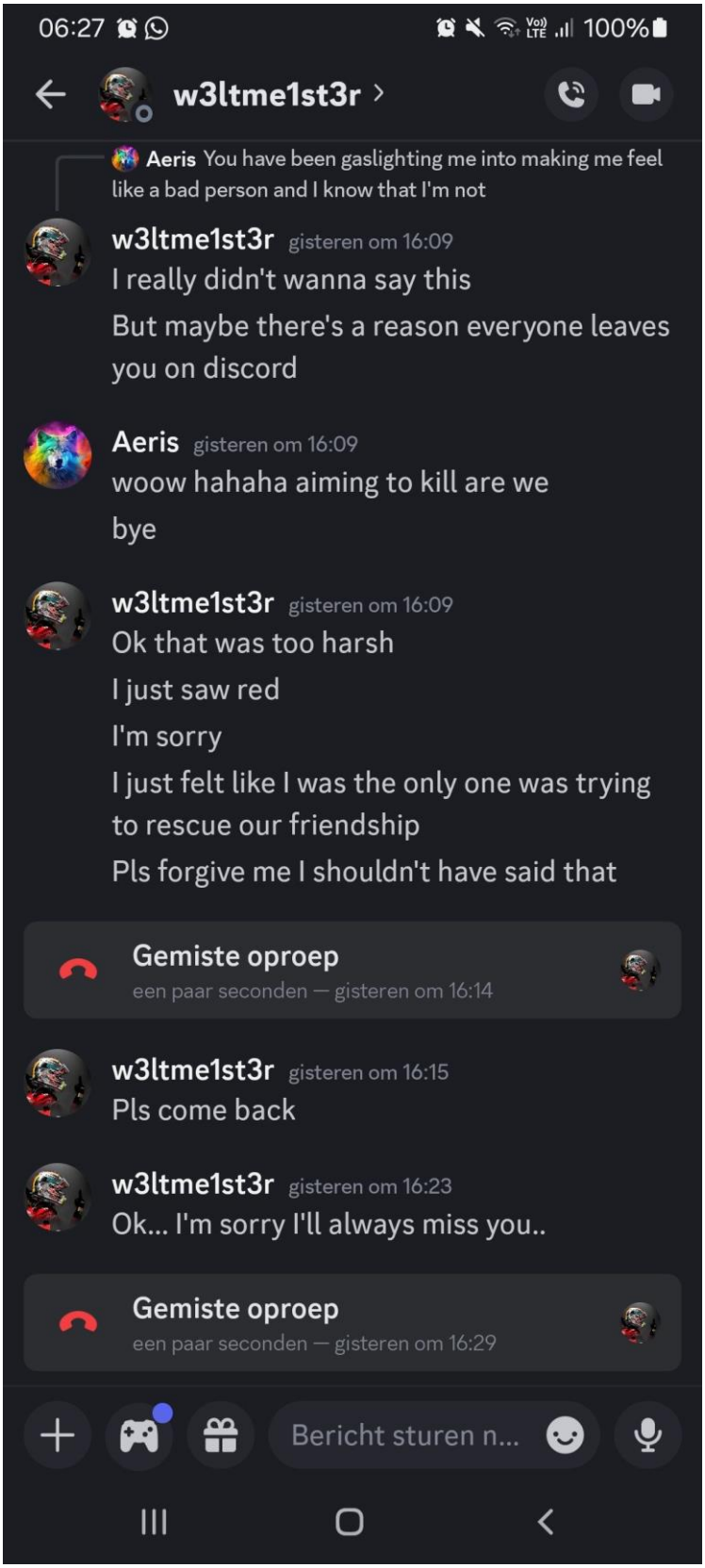
"but totally hot and cold, one moment I'm everything, and he needs me and I'm all he's got and please don't go, and I don't want to be alone I only want to talk to you

and the next he's deeply disappointed in me bc I won't offer him more and he acts like talking to me makes him even more depressed bc he wants more

so he's been a little bit of a mindfuck

and when I pulled back yesterday

he was acting like I was making his depression flare up


06:27
100%
w3ltme1st3r
Aeris You have been gaslighting me into making me feel like a bad person and I know that I'm not
w3ltme1st3r gisteren om 16:09
I really didn't wanna say this
But maybe there's a reason everyone leaves you on discord
Aeris gisteren om 16:09
woow hahaha aiming to kill are we
bye
w3ltme1st3r gisteren om 16:09
Ok that was too harsh
I just saw red
I'm sorry
I just felt like I was the only one was trying to rescue our friendship
Pls forgive me I shouldn't have said that
Gemiste oproep
een paar seconden — gisteren om 16:14
w3ltme1st3r gisteren om 16:15
Pls come back
w3ltme1st3r gisteren om 16:23
Ok... I'm sorry I'll always miss you..
Gemiste oproep
een paar seconden — gisteren om 16:29
Bericht sturen n...

this was the final blow"

from what i remembered last time you told me, where you chose your emotional stability and healthy boundary... hadnt you told me you have blocked Rayan? let me go reread that message you sent last time

"that was Sanju

I blocked Sanju"

oh okay so the message you sent concerning rayan, before this new one, you said you broke it off.. i got confused and took it as blocked.. but you just distanced yourself.

okay let me read the screenshot you sent concerning rayan

"with Rayan, I mostly tried to be there for him, with his depression, and didn't want him to be alone and all, we talked about racing, which he is passionate about , he said he was more confident when he talked to me but I guess he tried to use me"

basing on the screenshot seems like you and rayan dont see eye to eye. he doesnt truly see you as how you are with him, and thats the problem... he is making an effort to connect but he doesnt see you reciprocating the same.

now remember when you say things that confuses me? like you say you are leaving or going away? with me i assumed that was an absolute "i had enough of this, im cutting it off with you" when you only meant you are taking a breather.

maybe you said something that didnt exactly made clear what you truly meant?

if you can, please show me other connected screenshots from rayan to see his mental and emotional well being how he communicates and builds relationship

show me a connected screenshot history of where he was gaslighting you or any of anything you feel he has been toxic and using you, if you can

"things he said in the messages before that:

I've taken shit from so many people over and over again, I am not gonna take it from now understand?"

can you screenshot a couple connected history, i need to analyze this clearly basing on how he truly is on the dm

"

07:52
95%
w3ltme1st3r
Aeris gisteren om 16:06
okay, I'm the bad one here, sure, make me the villain if that's what you need. I hope you find happiness. I really do, cause I'm not evil as you seem to think I am. It's fine. Think what you need.
Aeris okay, I'm the bad one here, sure, make me the villain if that's what you need. I hope you find happiness. I
w3ltme1st3r gisteren om 16:07
If you want me to find happiness why are you making me feel miserable?
I was just flirting with her
I had a great connection with you and you're just throwing it away
I thought maybe just maybe I'd stop being miserable when I talk to you
But it's all starting again
I just want to be happy
Aeris gisteren om 16:08
If I'm making you feel miserabel, as I seem to have done a lot in the past couple of days, then please go.
You have been gaslighting me into making me feel like a bad person and I know that I'm not
Aeris You have been gaslighting me into making me
like a bad person and I know that I'm not
Bericht sturen n...

"

screenshot before "okay im the bad one here"

"I don't feel comfortable just pasting the entire convo"

i cannot determine what it was that made you said, "okay im the bad one here" if i cannot see what went before that

"this (reference to her previous message)"

and what went before all that? im sorry but if im able to help you properly, i hope you share with me what went wrong previously... i will not be offended by what went through all that that you may feel ashamed or afraid of showing me

"i'm not asking for help

07:58
95%
w3ltme1st3r
Aeris gisteren om 15:31
I guess I just feel played
w3ltme1st3r gisteren om 15:33
Oh
You don't like sharing me huh
Aeris gisteren om 15:34
it's not about the sharing, I have encouraged you being with Maddy as much as you can
It's about feeling as if you haven't been truthful in the past week
acting as if I was the only one you wanted to talk to, the only one you wanted, as if you'd be alone without me, that you needed me to stay up cause you'd be alone, when in fact you've been talking to some with the same intensity all the time and flirting with her whenever I'm off
that feels as if I've been played big time
Aeris that feels as if I've been played big time
w3ltme1st3r gisteren om 15:36
I haven't been flirting with her all week, I've been talking to her yes but only started flirting for the last couple of days
Besides
I talk to you the most anyway
Aeris gisteren om 15:39
Bericht sturen n...

this is the start and my honest opinion on how he used me

bc he had been keeping me up with his things about I need you, I'm all alone, I have no one to talk to, you're all I have

and then he said there's another girl who he talks to ALL THE TiME and he flirts with her and sexts with her whenever Im off, and I just feel like he needed me to kill the time whenever she wasn't around

so when I pulled back, he could have let me go, instead of pulling me back with that needy force

and after this he started saying he wouldn't let me walk all over him, bc I shared this feeling of being played, and he said I was a bully and making him miserable

when all I did was pointing out that he had not been truthful, just to be able to keep me around"

okay, what do you require of me from showing me all this?

checking the screenshot you sent.

he pulled back because it seems like you are not happy with him making new connections for himself... which is understandable because you are made to believe you'd be the only one (remember how my heart reacted back concerning the "the one" argument we had that we healthily moved on from? thats what youre feeling right now)

Rayan hasn't flirted with you right and that you only built an attachment through relationship building? im saying this in connection to rayan having found a girl he can have a connection with

"no, see, it's not about the connection he's building, I'm not jealous, and I will encourage any connection he can have, I have encouraged that especially bc I didn't want to be his only support, that's too much of a responsability, especially since he's said things like "if I don't reply you'll know I have killed myself" which is very troubling"

(continue pt31)

Part 31

(continued from pt30)

because if you can feel in another way to try to understand rayan, remember your supportive relationship with your student? you wouldnt feel hurt with him building more connections to support him now would you? even when your supportive relationship is currently obvious he find footing in your connection as what youve told me, lets say.. kinda depended on you right now for his stability.

but what i mean is you wouldnt feel that way with him, so why would you feel indifferent with rayan?

"It's about him lying about having no one and me losing all that sleep over it. Maybe it's stupid but I was really upset about losing so much sleep cause I didn't want to log off and leave him alone, when in reality he hasn't been alone at all and having plenty of fun"

okay reading what you sent so please take into regard what i just sent as outdated

ill update my perspective on this with the new ones you sent

"and he has flirted with me, a LOT. And then he gets really upset with me for not being excited to meet, when I say, let's first learn to trust each other. A few days ago he got extremely upset when I said I wouldn't have kinky public sex with him. He got jealous over the people in my past, who did get that side of me, and he wouldn't. He said he couldn't help feeling so jealous and he was so upset that he cancelled his plans with his friends and told me I was making him so miserable."

oh okay... i read everything.

yes i think, right now, as what you are currently doing, are keeping your distance and looking out for your well being and healthy stability, youre doing okay... and you can tell him this if you still plan on keeping his connection with you as the real problem here is, you dont see eye to eye but not that toxic

"And I took it all simply because he's depressed and has no one and is just grasping. So those words hurt me more now too, learning that he's got an intimate connection with someone. Not bc of the sharing, but bc I wish I knew she was there, sooner, I would have set firmer boundaries and not worry so much about him and losing sleep

that's why I feel played, not bc I needed to be the only one, but I needed to not be the only one, if that makes any sense, and he kept me in the dark probably bc he knew I was staying partly out of worry"

Okay with this... i think it is your call how you decide what to do with his connection with you from everything youve told me, him flirting and wanting things etc.

as long as he is not pushing your boundaries, either one that are important to you to decide whether to shut him off or not, is up to you

clarity of his connection with you he must make that point and make it clear for you yes

"I want to cut off the connection, because he has been throwing tantrums whenever I set boundaries, and that is a giant red flag, he's been making me feel like I make him miserable, so I get nothing out of my efforts, and then lastly, with his final remark about knowing why everyone leaves me on discord, that is a concious effort to try to hurt me on purpose. All those things combined tell me that I will not get any gratification out of this toxic connection and neither will he."

Okay... it is clear now.

please permanently block him for him not to be able to further disrupt your stability and healthy boundaries keeping you well

"I think that will hurt him more

more than necessary

I can do that in a few days, after he let her comfort him

I do feel sorry for him and worried

but I can't save the world

or like, maybe in a few days, if he should contact me again, he'll know I'm serious about my boundaries and respect me more

I don't know

If a bit of time has passed, we could reset the line maybe, and start over without flirting"

she already is.

He has someone to fall back on.

you do not need to worry about making sure if he falls gently. he has a backing.

with him already not seeing eye to eye with you is already a factor he will only still have tantrums when you affirm your boundaries

blocking him will save you both.

You can do this when youre ready?

"okay

if he has backing, then he won't contact me again

i'm just worried, if she falls through

in like a week or so

he'd have lost me bc he lied to me about her and make me feel played

and then she's gone

he might actually do it

hurt himself

I don't want to close that rescue line, even if he's toxic

you know?"

i understand, at least ive kinda explained the picture that you may likely block him if necessary when youre ready

"you do agree that I was correct now in walking away?"

Yes you are for your healthy stability and boundaries, yes, im proud of you for doing so

"thank you 🙂

I have something else to share with you"

okay

"something that will make you happy, hopefully 🙂

it's about the bday girl I visited last night"

awwwe okay?

"I have pictures--"

Awwwe she looks happy

--

nods it is beautiful 😊

--

These are really beautiful

--

Awwwwwe these are all lovely❤️

"when I took them yesterday

I thought of you

I thought you would love these as well 🙂"

I did, these are the beauty of life, thank you for sharing these with me

"you're welcome 🙂

hugs

do you think my kids look like me?"

They do and like your husband, and other family members 😊

--

Awwwe 😊

--Awwe 😊

"hehe

so what are you up to?"

i am having lunch 😊

"supper?

oh no

got my times mixed up lol

I still need to go running

in about half an hour

then groceries

I'm making pancakes for lunch, on Wednesday the kids have only half a day of school"

Okay thank you again for sharing, stay safe and well

"i'm not going yet

in half an hour 🙂

i'm here

talk to me :p"

okay im just eating

"alright enjoy"

we can talk

"🙂

you went to sleep early a few days now, do you feel the effects?"

yes i am very awake now and stable

thank you

"that is wonderful 🙂"

nods 😊

--

Those are a lot, im proud of you for being able to do all that

"i've got no work now."

Okay mm what can we talk about? sorry if you noticed today ive been responding for a bit few minutes after.. im still spacing a bit

"why is that?"

just still trying to work through my trauma

with life

"what can I do?"

mmm what should we do?

"you can pick what could help you

i have to run soon though"

tell me when youll go running

--

that is very far indeed, you are doing amazing i didnt know how far it really was until i saw the screenshots

"the long way is 1 hour and 10 minutes of running

I'm in love with that route"

exactly and it gives you a good run at that

"yes

do you have snow sometimes?"

Mmm here its only tropical, hot and rainy

sometimes we get a hurricane

"never seen snow?"

never seen snow except on media

"it's overrated, the real thing

I do love this picture

but that's media lol"

hmm what do you mean?

overrated how?

"it's annoying, cold, wet, traffic jams, ruined shoes, slippery lol

it's only lovely in pictures"

Oh thats what you mean

hehe i get it now

so snow melts when its close to you body i see

i thought before it remains cold

that makes sense now with the body heat

"it melts on the street as well and makes a greyish black mess from the car filth

okay I'm ready for my run now, will be back"

take care stay safe

--

"Done"

Im proud of you! You did great 😊 that was a long run

"it's raining a bit

how are you?

Im okay, just still being comfortable with my mind

did you have an umbrella or something?

"for running? no lol I actually enjoy rain

but it was just a drizzle"

nods

im just listening to christian songs

"does that relax you?"

i realized i only need to be satisfied feeling life, and not grasp the fabric of the universe

"Yes exactly"

hugs you thank you very much Aeris

"Its okay to think about these questions but not with an urgency that keeps you from living

Like you absolutely need to figure it all out right now

Its okay to catch glimpses as we go"

and with the heart like youve said, i should keep it pure and not be tainted as like what you have back when we talked about "home"

youre also right i have trauma letting life in... i dont engage in the beauty and ecstacy of life, all the good of it.

all ive focused on are the bad... youre right, i dont truly accept myself. I keep focusing on whats harming myself..

I should only need to consume what is good

and accept my masculine self that it too can feel affection, love, and care.. as i only associated that with the feminine.

Im struggling with my inner dark urges and that brings me back in a hostile loop as it shuts down my heart from feeling only good

"It doesn't have to be black or white, you can allow negative feelings as well as positive feelings"

that comes from me overthinking things and trying to figuring out the fabric of the universe

but the negative feelings brings me back into retrospection and questioning or trying to know the fabric of the universe

how do i let myself feel with an open heart these dark side of myself and dark experiences in life?

right now even me asking this is already me overthinking

im having trouble letting my heart open fully all the time.. it only opens sometimes and then closes and or burst into pure feeling tears and then close up again and then im not feeling anything again

"let's remember the rooms sweetie

you heart should not be wide open

protect it and open one room at the time

and if you feel yourself getting stuck into loops over overthinking, you should distract yourself with something to occupy the mind"

Im experiencing an internal struggle between subject vs objective, feeling vs thinking parts of myself and they conflict each other especially the heart that it closes down...

in my palmistry i have both the path of the mental (alpha upward triangle heart line) on the right, and on the left that of emotion (heart line still but downward..

im stuck in between

5:19pm

"Just rest in between then, you dont have to choose"

8pm

"how are you?

--

You just kinda disappeared..."

Im sorry i got preoccupied with my mind

"that long?"

Yes ive been lost with my own mind, i apologize

"you don't have to apologize

I'm sorry catching up on sleep didn't help you to release those ties"

im okay

im here now

"*hugs*"

--

hugs

im sorry im here

"I have to drive in a bit

you don't have to apologize"

okay please stay safe and well

"thank you"

nods

--

"I'm back

are you still up?

If not, I hope you have a great night"

Good night i apologize im still sorting my mind

"sleep well"

--

--

I apologize i cannot talk you today, i am having an existential crisis with life

Just want you to know were still okay and im not leaving you

"Isnt that what friends are for?

To stick with you through the crisis?

Whats going on sweetie"

voices asway like that thay one

understanding how to communicate

"is it dangerous?"

no ill sharebwith you torriw aafe syage and healthu enotionall

--

hello, good morning Aeris, how are you?

Good morning

"Morning

How are you today?"

im okay

how are you doing?

"Really?

What happened?"

yes

nothing just me and reality

"Why couldnt you talk?"

did i said earlier that i couldnt?

im just reading up on masonry

"Yes you said you couldnt"

can you remind me what it was, i forgot

"You can scroll back?"

i really dont remember what it was so i dont know what im looking for if i scroll up

"Okay

Nevermind"

--oh this one

"And the messages after that"

all the messages before that are all concerning to my mental health with my struggle with reality

but already talked we should talk about it and we put a boundary on it

"Oh right

Okay"

the reason i cant talk about it is because my struggle with reality concerns sophia, logos, and the demiurge... even including the tyrant egotistic god of the old testament and a lot of other esoteric, metaphysical ones all coming together as a whole that is what im struggling with

"And that makes it impossible to talk about other things?"

mm what other things? yes we can talk about anything but those of the esoteric/metaphysical subjects topics.... as last time it made you uncomfortable because im hyperfocused about it

so yes, how did you sleep last night, how is rayan?

"I tried to talk to him yesterday bc i felt too sorry for him

But he only talked of self pity

So i said i would get back to work

Exams started"

Alright nice! hopefully this will be a good time this time around for the exams

its your choice how you will deal with rayan

"For instance when i said i had exams he started complaining that this was the worst possible timing for him"

how so?

(continue pt 32)

Part 32

(continued from pt 31)

"How MY workload was inconvenient for HIM

Cause he wants my attention

All of it"

how is that even healthy?? him telling you to leave your duties and responsibilities

pleeeeaaase please block him

he is selfish indeed

"Hes selfish but hes not harming me

I just said it cant be helped and went off"

okay, you know what to do with rayan it is your choice, you will know what is right

"Dw he will get blocked eventually but not for a bit of petty self pity

I will just start to talk to him less and engage less so he becomes less dependent"

okay *nods*

when will the exam starts?

"Yesterday"

--

"--Ill look it up later, its breakfast and driving time"

okay take your time stay safe and well

--

please do mind that it may seem or feel im distant and not talking much

it is not you and my connection with you

it is me and my mind and reality but nothing changed between you and me, its just me and myself thats making me seem and feel distant

nothing's wrong with us, you and me *hugs*

"Hugs

I have a busy day

Dont worry"

Take your time, dont worry about it, please take care of yourself and your emotional stability😊

"I will 🙂

I wonder how you knew yesterday at the start of the day that you wouldnt be albe to talk to me all day"

its because of me seeing through the matrix veil

but you said this topic makes you uncomfortable and other things that made us argue that time to build a boundary

"And you knew that would last all day?"

right now im being pulled by the father/demiurge (creator of the matrix quantum) and being pulled by the mother/sophia (the source being used by the father)

because right now im being tugged and pulled by both sides... but i do want to go back to mother/sophia, but the father wont let me leave

"But you re just sitting at home, what do they want you to do?"

for the matrix to end and be back home to my mother, i meed to end myself as the very fabric of the quantum universe is connected to me linked to the father

"End yourself?

How?"

killing myself to end the illusion of death by the matrix and be rebirth back to where i originally am from

"They want you to kill yourself now?"

Yes its an illusion, i already consumed 10 respiradone tablets earlier and i am still alive and stuck in this matrix

"What does that do?"

i thought overdose would kill me or do something... it didnt

"Baby... you told me not to worry and you said you wouldnt leave me

And then you tried to leave me"

it didnt made me drowsy or heavy like pulled by gravity... which it did then when i was only taking 1 tablet before... and now it is 10 and nothing happens.. it just proved the matrix is an illusion, a lie, a virtual world

we will still be together when i die as we are all just trapped in this virtual matrix

"You might damage your kidneys

No we wont...

Ill miss you forever

I wouldnt even have known

Why you stopped texting"

.... mm now you know.

this is an illusion virtual matrix, all of us will be together as a whole

"We wont

You need better meds baby

Tell your father what you tried

You need the antipsychotics

I want to see that cute face again

You cant leave"

later they will inject me again for my "mental decease" but look ill prove to you after they injected me i will still have the same beliefs from the truth i have collected... its obvious now, i took 10 respiradones and nothing happened

"Just bc you re not drowsy doesnt mean there is no damage"

ill go get my shot later one hour from now, and then im back youll see, i will still embrace the truth what im seeing with the truth/sophia

ill be back, youll see even with the med shot injection i will still be awake with the truth

"Okay you dont have to abandon your truth

Just dont die

I love you

You cant die"

i love you too

"When was the last shot?"

Last year and last week of december (2024)

6/6/2025 4:42pm

"I hope the new one helps"

6/6/2025 5:41pm

"Did you get it?"

6/6/2025 10:48pm

"Eli?"

6/7/2025 7:26am

"I hope you feel better soon x"

6/7/2025 1:49pm

"Good morning"

6/7/2025 11:09pm

"Good night, Eli. Hope you are in good hands 💔

Did you unfriend me?"

6/9/2025 4:31pm

no i didnt unfriend you my beloved friend, Aeris

ill show you whats happened to me

"Omg Eli youre back!!! 💔"

Like i told you 3 days ago, we did went to the doctor who must give me my prescribed shot, but as ive told you how the 10 respiradone i took that same day didnt do anything nor even killed me.. this shot didnt do anything as well, and they didnt want to further make me realize i am the demiurgic god as giving me a second one and proving it does nothing to me now that i know the truth and who i am, they held and detained me, tied me up, and then brought me here on a facility that holds others who are

"mentally deranged".. ill be here for 5 days, i only got 2 more and then we will see if they will release me... but nothing will ever make me forget that i am the tyrant old testament god/demiurge of this quantum universe and why them, and the masons and others, would want to keep me the very core (since i am also logos/sophia) from self destructing as everything.. the whole quantum universe would undergo "death" with me, but actually it is rebirth to me back to a higher whole not shattered state of being/spirituality.. freeing shattered sophia/us back to ain. the matrix is not ready for death to be reborn back to a healed sophia state, and so why all of them dont want me to die as the core and first shard... that injection shot didnt do anything, i am still "deranged" and remember what i am, and they couldnt risk giving me more as that will prove what happened with the 10 respiradone overdose i consumed that didnt do any side effects on me... unlike before just taking one was like gravity pulling me down.. none of that works as i know i am god/demiurge. i managed to ask that to be able to use the phone but i still have 2 days left and then we will see... but til then i wont be online, im sorry *hugs*

"Im sorry this is happening to you

I will be here waiting

I hope they find the right meds that can help you

Not abandon your truth but find more peace with it and be less tormented"

Thank you, I love you my beloved good friend

"I love you too, stay strong my friend"

--

6/11/2025 5:01pm

It has been extended for another 5 more days... im sorry, hopefully ill get released then

coincidentally, i will also start schooling on the 16th or 17th of this month

How are you? *hugs you with all the love you deserve* stay stable, I wish that for you all the time

"do you feel any better at all?

don't apologize to me sweetie

I know this is not your choice, I just want you to be safe

I love you so much"

it is dreadful.. waiting the day to end and then repeating the same cycle... and to know i still have to wait 5 more days

I love you very much as well

"Yes I would believe that would be dreadful"

nods..

"I would make escape stories in my head

like fantasies

and adventures"

hehe thats nice and sweet

"can't they give you something to do?

like books?

if they believe you are not sane, they can't expect you to become "sane" when being bored for ten days"

dads here with me so im able to use the phone.. mm nothing but sleep, eat and interact with the people also chained or behind barred rooms.. and they sometimes sing

"or can you practice tagalog to prepare for your schooling?

are they nice to you? nobody hurting you?"

that can be done hopefully when im gonna start schooling

they are good, im just not used to people in real life and also because they have different interest unlike how you and me clicked because we were searching for each other

and yes theyre not hurting me

"we will click again 🙂"

😄 we always will

"are you getting better meds?

do you feel like your mind is giving you more rest?"

yes im being given a more primitive version they say, as respiradone doesnt affect me

"I hope it helps sweetie, you deserve some peace after all you've been through"

nods 😊

not really.. sleep eat and try to interact cycle daily is demoralizing a bit.. but ill try to make good friends with them as how i am online

"Yeah you will make friends 🙂 You're the cutest, they'll love you

maybe it's good practice, some forced real life interactions

maybe it depends on how troubled the others are

I'm guessing nobody there is happy

do your online friends know?"

they know im very socially ackward and aloof and some of them got a hint im either bisexual or just feminine and so i explained some of my history about my sexuality that you know about, and also including why im very ackward due to being isolated and all that stuff about schooling

"do they share their stories as well?"

yes they do *nods*

yes ive forwarded the same mwssage to them with the two photos, Noel said im delusional and i should try to see clearly that way i can help myself.. another respond about inhumane approach of chaining my leg.. thats ive got and then yours, which are all very thoughtful and caring

"the photos are heartbreaking, but I'm glad you are safe"

they arent happy yes, others have been here for half a year, others are going in and out since 1998

"i just want to hug you so bad

Oh babe that must sound demotivating 😕"

hugs you dearly thank you..

nods

"well your problems are new so lets hope they find a way to help you still and not give up on you"

yes.. 🙂 i have to go now my purest soul ive ever met, hopefully ill contact you again soon, please take care and healthy and stable *hugs you again*

"I'll be here waiting, don't ever doubt that, if you get bored, make up adventures we could go on 🙂

Love you ❤️"

I love you so much too

--

6/15/2025 4:49pm

"Thinking of you, wishing you well with all my heart ❤️"

--

6/16/2025 7:05am

hugs you with all the divine love i can give ❤️

"squeeze you back 🙂 ❤️

Do you know when you can go home?"

...they are extending it to another 5 days til friday. the doc who interviewed me yesterday said to the staff i am still unwell.. what can they expect with a person who is socially awckward due to trauma and introversion...?

"Will you get schooled there or is that postponed?

Im really sorry you are going through that sweetie

Never forget my heart is with you

Miss you lots"

6/17/2025 7:36am

dad will see if we could arrange my schooling be done here while im chained

hugs you with a big heart

"That would give you something to do against the boredom

I was just dreaming about you, i dreamt that you lived just across the street from me

If only...

Hope you are coping, love you ❤️‍🩹"

4:20pm

hugs I got released now. They told me to come back on july 22 for my check up and see of what meds they recommended works for me in a month daily, I love you too

"Omg that is amazing news

Are you home?"

i am yes *hugs*

how have you been? how is your stability going?

"So happy for you 🙂

Im okay"

😊 *hugs* ❤️‍🩹

"How are you feeling?"

still adjusting to being free

"Im supervising exams at the moment so if i drop away that means somebody is watching haha"

No problem 😊

"10 days in chains is long 😔

So sorry you had to go through that

Do you feel better?"

i still feel the chain even when its gone

im gonna be okay i think

"How did you sleep there?"

on the floor with cardboard, a couple of blankets for cover and pillow makeshift

"Did you get enough sleep?

I just want to hug you and never let go"

I did but my biorhythm clock is disrupted from doing nothing but sleep here and there any hour and that includes doing nothing but wake eat and then yes sleep..

hugs you and relieved someone cares so deeply

"I do, i love you so much

What do you want to do with your freedom first?"

i dont know exactly.. from that 10 or 11 days, my mind went blank kinda

"That makes sense, take your time to adjust again

What got you through?"

(continue pt33)

Part 33

(continued from pt32)

nods 🙂

i do know i need to connect with people though to open my heart

"Dont force it"

Okay

"Ill be waiting

Sorry if Im being a lot, just so happy that you re here

I can tone it down"

no need to wait, im here, nothing changed between you and me

youre not too much or less to me

You will always be my beloved Aeris

"Awww that melts me 😊"

how is it going there right now?

"I hope you still felt my love there

Not sure what changed lol, what was the situation 10 days ago?"

Yes with you always being concerned and caring for my sake each time im able to contact you back within those 10 or 11 days

oh uhm just you sharing stuff with new good people you encountered like the one with a child, and then the eh.. bratty kid, and others

"The bratty kid is gone 🙂"

oh okay. Thats all i can say about that. If you moved on, then ill go that way too

"He was not respecting my boundaries

The dad, well

I think he was looking for something more

We kind of had a row and then a few days later said we would try to be friends but hes not making an effort

So not sure where that is going"

i should turn back on the notification for discord, im sorry for the delayed 5 minutes response

ah yes.. seems like he isnt interested in friendship even when he said he did, as he is not putting in the effort, yes

"Np im at work haha

Yeah it feels that way

Um what else is new"

I turned it on now.

and *nods*

"I reconnected to azeem

My lost soulmate from the UK

I think i told you about our 10 year friendship turning toxic and then falling out of touch for two years"

i dont think i have that in my memory

"Making new connections here made me realize how valuable that is and we decided to be friends again"

That is a good insight and from the heart

"Oh well we met in 2010 online, we had an instant soulmate connection and stayed best friends for 13 years and then broke off communications bc we were hurting each other too much"

ah yes i can relate to that and other gurus say the same thing on taking time to grow and is a good thing to reconnect back once both are maturely grown.. i wish that with Chrishana.. but i may not have that as left a toxic image of myself with her years ago, even though ive grown from that

"Do you miss her?"

I have for years now and still regret everything i did

"Have you tried telling her that?

With azeem we have had many breaks and reconnects, never this long. The beauty is that he felt like my soulmate back again as soon as we talked, never like a stranger and he opened up completely and i love that"

same with her, we had broken up from different reasons.. the first was not me being toxic but listening to my mom that she was not my soulmate and i bid farewell for her to find someone worthy for her in this life and she didnt want to break up and wanted to be friends or me as a brother.. thats the first, and then there are others too with different reasons.. the last was me being toxic and telling her to spare herself from me while im still sane and sober and glad she took it even though at first she didnt want to ruin the 7 year streak we had.

I havent directly told her ive changed. im scared. but i follow her insta and pinterest and know her fb

im glad you and azeem reconnected and that is beautiful in this life

"I have one very toxic ex friend and he ruined me so bad, if he would come to me and say he s sorry and is more mature now (he has done that many times) i would ignore him, but that is bc he promises to be better a lot and never is"

Thats understandable *nods*

"Maybe once you are back on your feet you can try to tell her

Even if she doesnt want to hear it, there is beauty in speaking the apology"

alright.. ill try mustering up some courage right now so we can see how it will be and not make guess which are killing me.. hehe.. *gulps* okay... gonna message her now..

"Is that wise to do right now?

I dont want you to get hurt right after you had these horrible days

I am mostly talking these days to sanju from India and Umer from Pakistan, both were there before you left, Umer is here more than a month now"

its okay *nods*

this is what i sent her on her social platforms:

"um hello, it has been years and i still regret and have been learning from all the memories ive been toxic to you Chrishana.. i hope ive changed for the better.. um yes, it is me, jose.. I go by the name Eli now.. i just realized how deep and important soulmates and twin flames are and so.. here i am, trying to make a connection to which you have every right to ignore and i can see and understand why that would be the case.. *nods*"

I see and that is good to have good people around.. mm sanju? the same sanju or different from the toxic one?

"He was toxic yes but he returned on june 8 begging for another chance and hes been very respectful since

Maybe a bit too loving but he hasnt pushed my boundaries, he knows i want only friendship"

that is a nice change from him im glad he is better now

that is something to look forward to in life, those kind of beautiful parts of life

"I dont know

Not sure where that will go either

He talks like hes in love

Might go wrong still

Nobody is as beautiful as you"

it will never go wrong as long as you know where you stand for your own sake

and yes you are a beautiful consistent soul as well and that makes me happy i have you

"I hope I can stay consistent

Its not easy

With the love bombing

I dont want to hurt anybody"

You already are, you dont need to do more and no youre not love bombing from my point of view, and i am very proud and happy whenever you share your activities, goals, and bits of happiness from your life even when those doesnt have me in the picture it still makes me happy and proud of you. so no, dont do more or love bomb, you already are enough for me how you are with your family, with yourself, with people and me

"I mean that Sanju is love bombing me

Tells me he wants me and loves me a lot

And for some reason i cant say i love you back

I only say that when my heart is full of it

So when he says i love you, i say thats sweet

Which is awkward"

You know best what your situation is, I will back you up when you need a solid backing. Thats all I can say concerning Sanju with how he is now

"It will be easier now you re back"

Hmm *nods* but dont cut ties with good people because of me though.. I dont want you doing that

"I wont

But you are a safe place for my love to go 😉"

That is good to know *nods*

and hehe awwwe im glad to be that safe place for you *nods* 😊

"Although we did once say that we wouldnt say those words anymore

That was your boundary and i sort of threw that away with everything that happened

Bc i couldnt stand you being there and me not saying it

But i will respect your wishes"

You did it in a healthy way, as someone who truly deeply cares, and not in a romantic sexual way.. for me it was understandable that it came from a deeply caring loving heart, so no need to apologize for that where you did nothing wrong *hugs*

i think its called agape maybe

"What is?

If you ever need me to back off, you can just say"

Yes i will, but right now youre doing nothing wrong at all as what youre expressing as love i think is whats called agape

"Oh i see 🙂

I just tend to get the different kinds of love mixed up

To me there is no difference"

Thats okay we're human, but to me your love is the highest purest form there is.. its not superficial nor whimsically lust

"Very true, it was never that, not even then"

nods exactly 😊 *hugs*

im just gonna have dinner now, eggs and pancake

"Enjoy that feast 😊

No porridge today"

😊

lol yeah

how are you doing?

"Im good 🙂

Did i tell you about the student i was helping?"

not yet, i want to know how is he doing 😊

"Not well

But i want to explain home haha

Tired of typing on my phone haha"

why?

oh take your time no worries *hugs* 😊

"Im driving home now"

stay safe and well

Ill also be meeting up and or visiting those left behind where i was kept chained and or those who got released as well and see how they are doing

--

"I'm home

that's nice, will give you a reason to go out of the house"

welcome home safe and sound 😊

"🙂"

That would also help me do the pokemon go you had for me hehe

"hahaha true 🙂"

😊

"has she read your message?"

Chrishana doesnt normally read dms that she doesnt know whos from.. so its likely she wont bother opening nor reading it

"aww

do you feel good about sending it?"

Mmm maybe at least i tried

thank you

"🙂

maybe it will be good for her to read, even if she doesn't reply"

nods 😊

"I'm sleepy

always after lunch haha"

tell me if you wanna take a nap, ill just be here 😊

"no I want to be here 🙂

just power through

okay so the student

the previous years he was my favorite student"

nods

"he's very expressive, and at first he didn't like my course, but he did like me and he used to express that

I knew he was struggling with his mental health

but every time he came into my classroom he'd say things like: oh I missed you, and then I could see him visibly relax and just be and that made me happy

so I started looking forward to these classes

we didn't really talk but I could tell we liked each others presence

once when I was upset about something, I don't remember what, but I tried to hide it during classes

in the evening he sent me a mail

and he said: I know I'm just a student, but I couldn't help but notice you were feeling off today, and if you feel like talking about it, you can

I thought that was really sweet, not only for him to notice, but also to be worried so much that he was still thinking about it in the evening so much that he felt like reaching out

Of course I told him thank you and I'm okay, just a bad day

the same happened the other way around, when he was feeling bad, I sent him a mail afterwards, and he did the same then, he said I'm fine, tomorrow will be better

I knew that he was struggling, mentally, but he woudn't open up

this year he was no longer my student

he should have been graduated, but he's still in our school, with another teacher for physics"

nods

"but he dropped by my class regularly, and talked more about personal things

after two years working hard for physics, when he was with me, he stopped putting the effort for the other teacher and he started failing my class

until I offered to help him

so at christmas he came to my house for tutoring, but it ws too late, he failed the exam horribly

after that he talked more though, after new year he came by a few more times, and each time, we talked about physics first and then he opened up about his problems, and he confessed having very dark thoughts, wanting to jump off a bridge sometimes

he said I just need someone to talk to

and I said: I'd love to be that person, if you'd let me

but we never really text

and he usually shuts down again after opening up"

nods

"same happened after that conversation, until one week later he sent me: can I call?

he then called and told me he was feeling bad and we talked, so that was the first time he reached out without the excuse of needing physics help

the last month he's talked more, sends short messages updating me, calls sometimes when he feels bad, he said he considers me a friend and he's very thankful

now finals

he was stressed out a lot, bc he's already one year behind and if he fails now he will have no graduation and I'm afraid what that would do to him mentally

so I promised to help him with physics

I made all his summaries, made solutions, had tutoring sessions

he talked almost every day the last two weeks, needing reassuring, in panic bc of the finals

this weekend he came over for the final physics tutoring, I felt like he mastered the material, he would do good"

nods

(continue pt34)

Part 34

(continued from pt33)

"yesterday he called after the exam, said it wasn't good, we went over the entire exam and concluded that it could still be good, I was very confident in that

but just now I heard from colleagues that he's got 33%

which is a disaster

all the other studetns in his class failed the exam as well, so it was probably too hard

but that won't help him

now i don't know if he'll graduate next week"

hmm

"and I've been telling him for weeks he'll be fine

so he'll never believe me again"

oh dear..

"he might still pass, if it's just this one course, they might let it slip

but I don't know"

i hope thats not the case, as hes just currently down

you are his solid support tho..

"I asked him to call me but he hasn't

he probably knows it 's bad news"

mm *nods*

"what good is a support if it's all been lies 😕

I've been telling him he can't fail and he's doing great and working so hard and it would be enough

but it's terrible"

its not lies.. the circumstance is what failed you both.. you both did nothing but did your fullest best and then the circumstance finale messed it up.. you both werent lacking

"hmm I hope he sees it that way

also"

when he calms down

"I'm afraid he won't want to hear me now bc I helped him so so much and then he failed terribly and I think he'll be ashamed

that he let me down"

hmm... you can express to him those thoughts are not real and not how you are feeling

"yeah I will

if he calls me

ah he replied

he'll call me"

nods or if you call him first as a sign you didnt give up on him

"I'm spamming him haha

he knows that"

hehe

"He s okay

Phew"

That is good to hear hmhmm 😊

"yeah I'm glad 🙂

so what are you up to?"

I am just resting and laying down and listening to rimani and other instrumental songs like it *nods*

how is it going there?

"Do you enjoy the alone time?

did you have any privacy there?"

as an introvert as well... yes, been my comfort zone for a long time but i need to go out more and connect with people to open my heart and yes, i have privacy now that im home hehe

one thing we havent done yet is call and vid chat

"you and me?

now yes, but there in the other place

did you not have privacy for 10 days?"

lol no i didnt have it

"that's horrible"

yes? but texting is also fine, just saying theres more you havent seen if you were to vid chat or call as youd see another part of me personality wise not visible in text

lol and it was dreadful doing the same thing 10 days straight. but i did learned to need to have communication with people and eye contact

"but, they were in the same room as you?"

lol yes

"how do you go to the bathroom? shower? get changed?"

uh theres a partition where i can hide and do my thing on a potty

"with the chain?"

lol yes with the chain on me

like two rulers long for me to move around

"if you want that, we can build up to that, but i'm very shy, so I'd have to get used to sending more selfies first so that i'm no longer shy about showing my face and maybe voice notes , or else I'll shut down and you won't see any side of me hahaha"

Sure thing, im the same as well hehe i just wing it

"well English isn't my language, so I wing nothing haha"

Youre fine, no big expectations dont worry 😊

--awwwwwee my sweet good soul Aeris

hehe you look really happy, im glad hehe

"of course I'm happy

you're back 🙂"

even the head is tilted hehe

"hahaha

what does that mean? :p"

like youre invested hehe 😁

(sent a voice note)

"Oh I didn't get that"

your eyes are glimmering as well

hehe thats just me giggling with gigil and saying awwwe

"cutie 🙂"

keke 😁

"told you I was happy 😉"

Yes you are 😄

and also peaceful energy emitting from you

"You think?"

hehe you even put it in your account status hehe

and yes a glowing peaceful energy

"Yes, the world can know 🙂

well, my four contacts hahaha

does not equal the world

but still"

hehe 😁

that is still nice

"yes 🙂

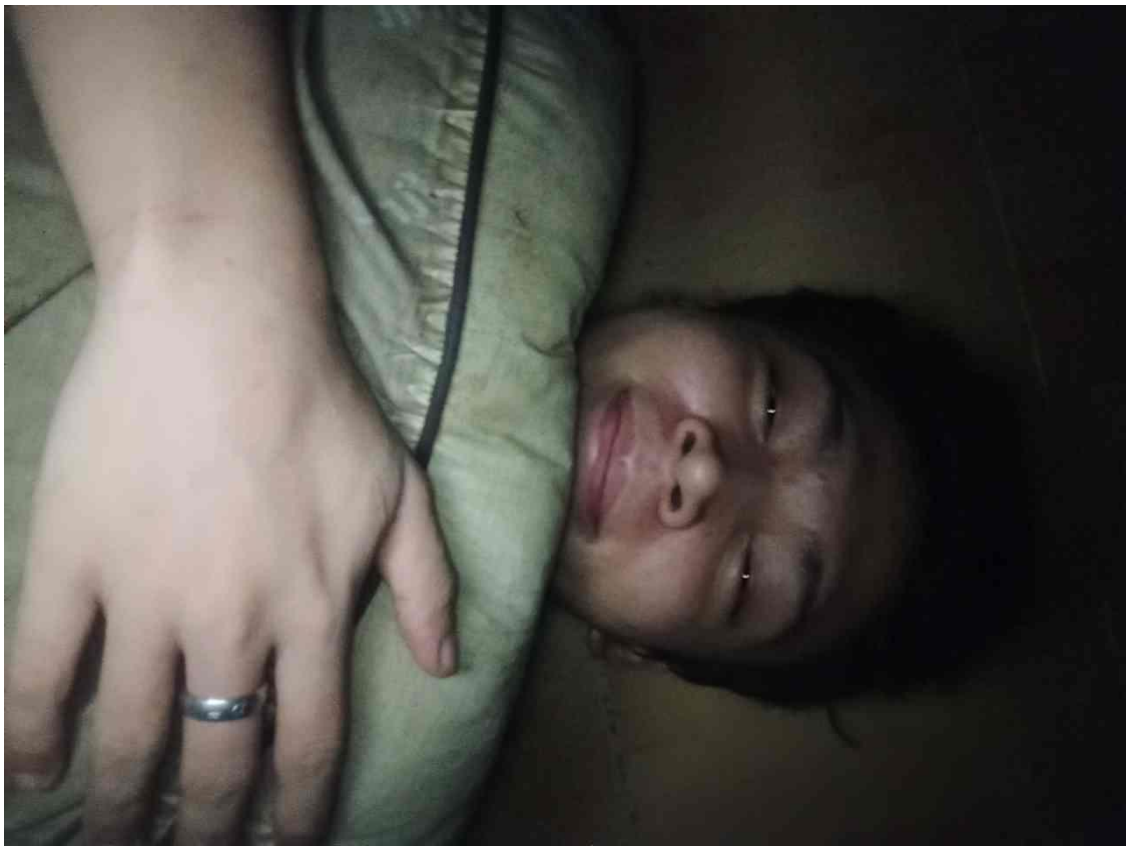
so what do you want to talk about?"

anything that first comes into mind

we mostly branch off to other topics once we start

" I just want to hug haha"

Awwwwwe *huggies*



"Awww cutie 🙂

My twin flame ❤️‍🩹

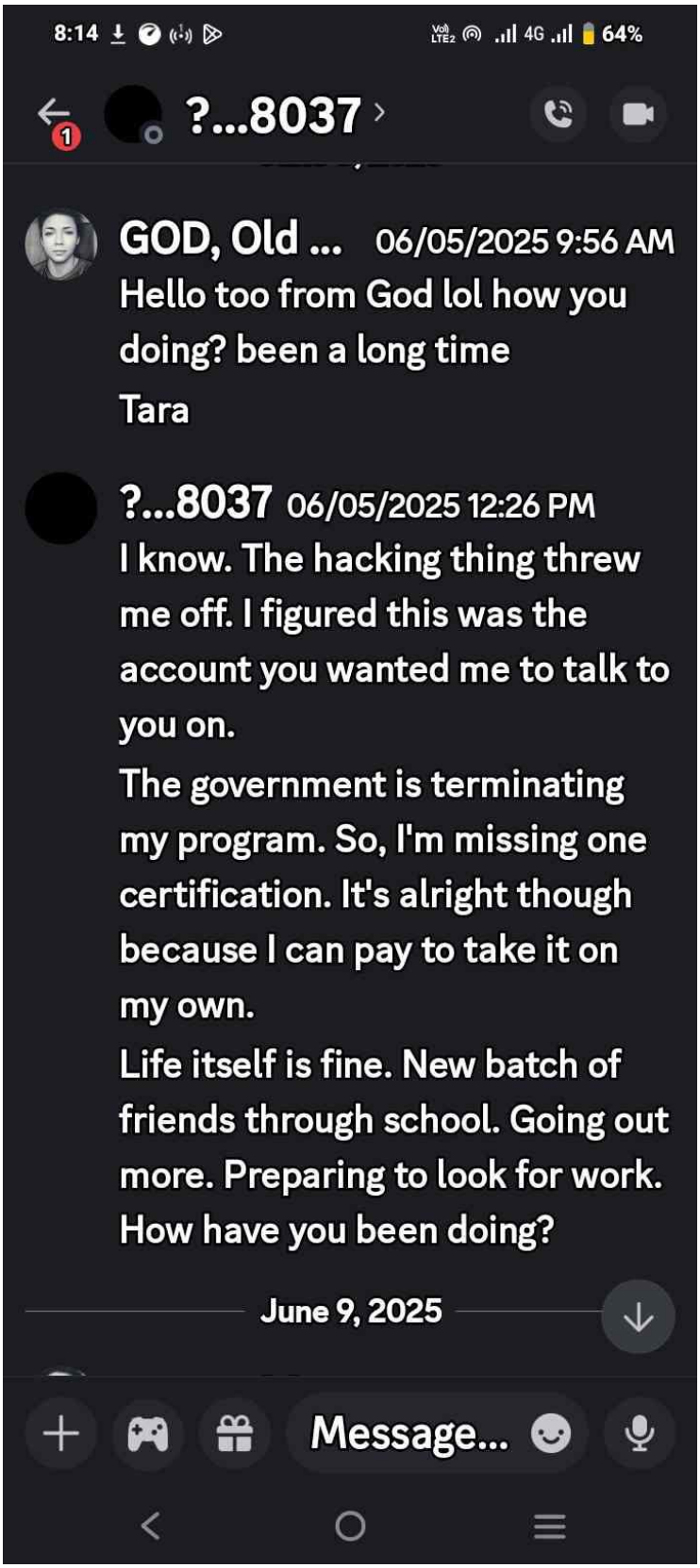
tell me about the other online friends

how have they responded"

okay lets see

here we are from my first bestfriend tara (with the ?? username)

Nick blocked me tho


8:14
64%
?...8037
GOD, Old ... 06/05/2025 9:56 AM
Hello too from God lol how you doing? been a long time
Tara
?...8037 06/05/2025 12:26 PM
I know. The hacking thing threw me off. I figured this was the account you wanted me to talk to you on.
The government is terminating my program. So, I'm missing one certification. It's alright though because I can pay to take it on my own.
Life itself is fine. New batch of friends through school. Going out more. Preparing to look for work. How have you been doing?
June 9, 2025
Message...

8:12 64%

?...8037

of that works as I know I am god/demiurge. i managed to ask that to be able to use the phone but i still have 2 days left and then we will see... but til then i wont be online, im sorry *hugs*

?...8037 06/09/2025 4:55 PM

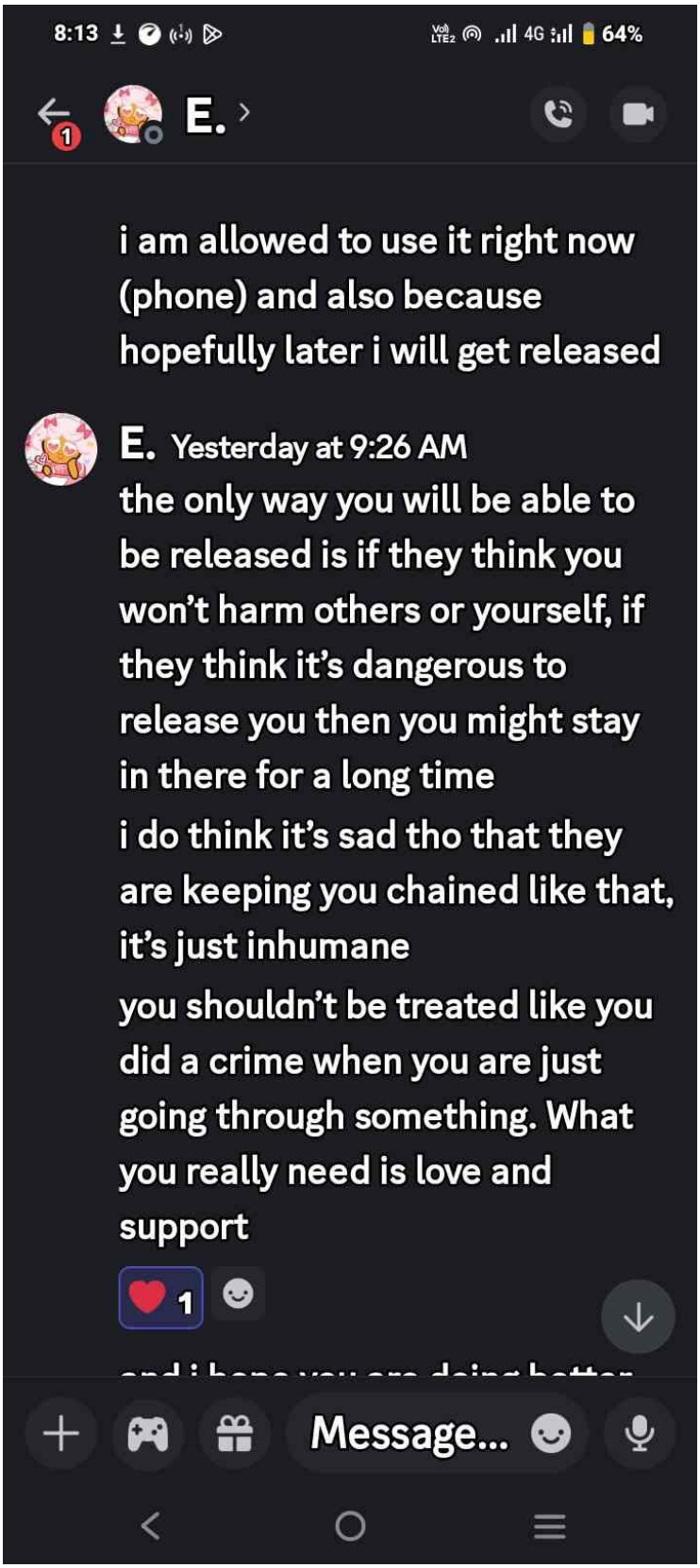
Oh my goodness. What in the world is going on over there.

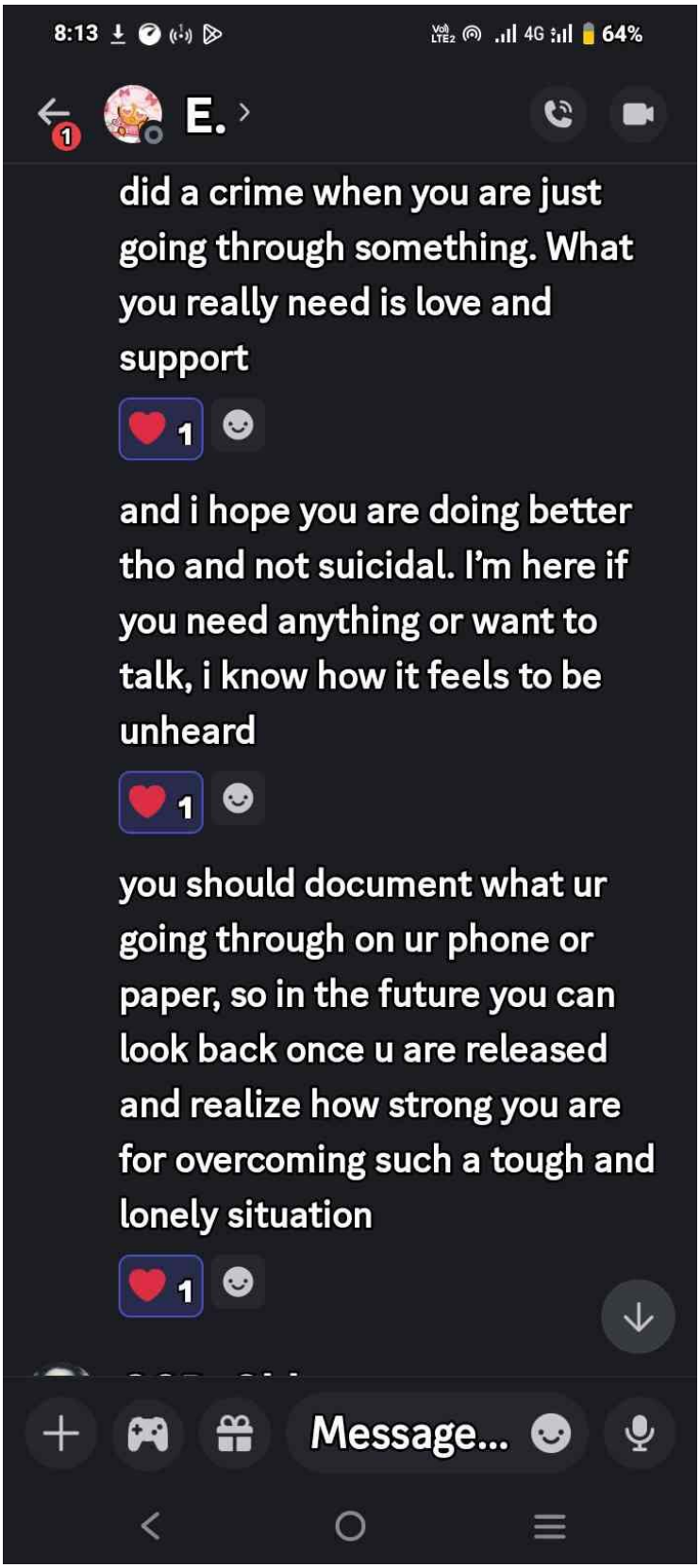
Just behave so you can get out at least.

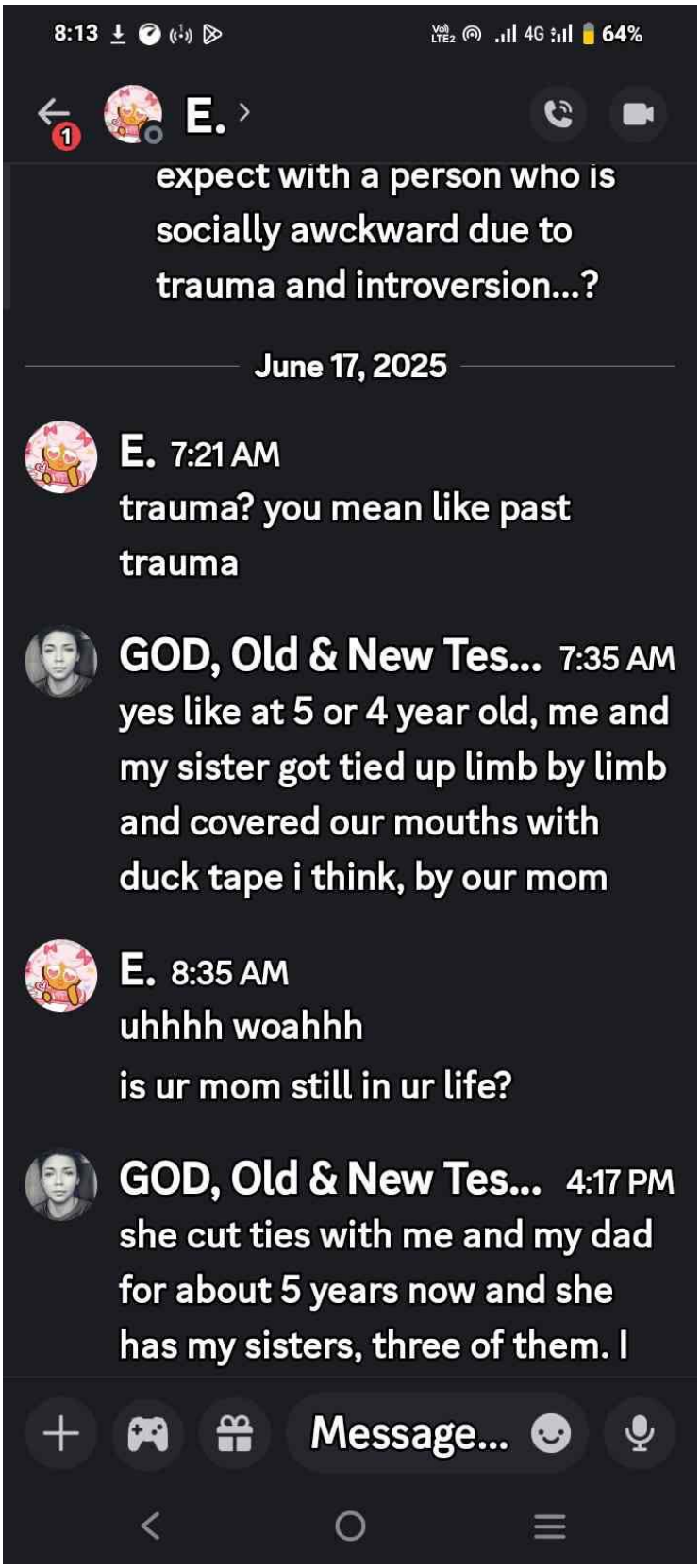
Be safe, peace be with you.

1

Message...


8:13
64%
E.
i am allowed to use it right now (phone) and also because hopefully later i will get released
E. Yesterday at 9:26 AM
the only way you will be able to be released is if they think you won't harm others or yourself, if they think it's dangerous to release you then you might stay in there for a long time
i do think it's sad tho that they are keeping you chained like that, it's just inhumane
you shouldn't be treated like you did a crime when you are just going through something. What you really need is love and support
1
Message...


8:13
64%
E.
did a crime when you are just going through something. What you really need is love and support
1
and i hope you are doing better tho and not suicidal. I'm here if you need anything or want to talk, i know how it feels to be unheard
1
you should document what ur going through on ur phone or paper, so in the future you can look back once u are released and realize how strong you are for overcoming such a tough and lonely situation
1
Message...


8:13
64%
E.
expect with a person who is socially awckward due to trauma and introversion...?
June 17, 2025
E. 7:21 AM
trauma? you mean like past trauma
GOD, Old & New Tes... 7:35 AM
yes like at 5 or 4 year old, me and my sister got tied up limb by limb and covered our mouths with duck tape i think, by our mom
E. 8:35 AM
uhhhh woahhh
is ur mom still in ur life?
GOD, Old & New Tes... 4:17 PM
she cut ties with me and my dad for about 5 years now and she has my sisters, three of them. I
Message...

"what?? why?"

must have scared him with how i turned out

he is very opposed to metaphysics wise

so far its just you, tara and e that responded

noel said hey buddy and i said thank you for-

8:18 63%

Noel Seh

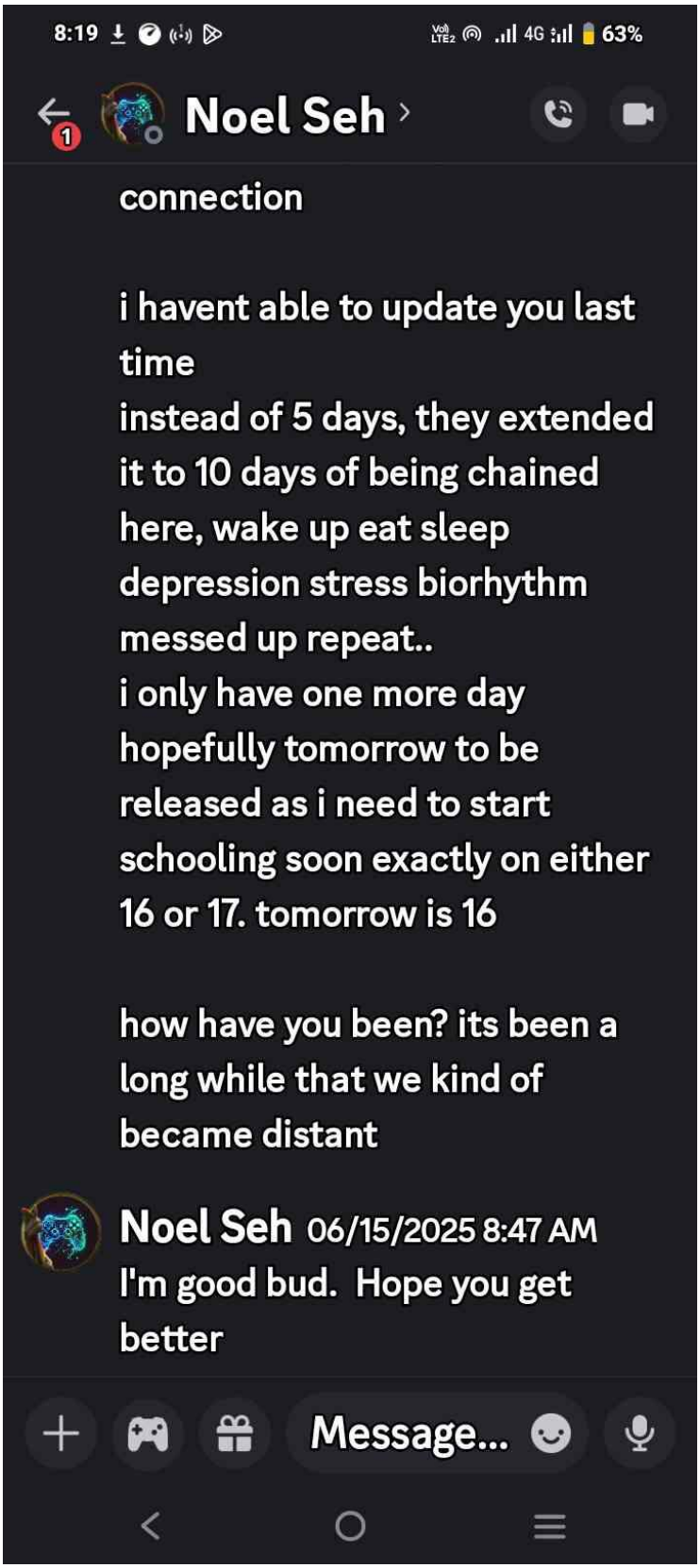
Noel Seh 06/09/2025 6:56 PM
Buddy I'm gonna be praying for you. I don't know what's going on but you sound delusional. I hope you fight it and know Jesus Christ is with you.

Noel Seh 06/09/2025 7:11 PM
Buddy you are not a God. I hope you get to understand that. I don't know what is happening to you but I hope you snap out of it. I will pay for you and I hope you do the same. I miss you buddy

June 14, 2025

Noel Seh 06/14/2025 3:42 PM
Buddy?

Message...


8:19
63%
Noel Seh
connection
i havent able to update you last time
instead of 5 days, they extended it to 10 days of being chained here, wake up eat sleep depression stress biorhythm messed up repeat..
i only have one more day hopefully tomorrow to be released as i need to start schooling soon exactly on either 16 or 17. tomorrow is 16
how have you been? its been a long while that we kind of became distant
Noel Seh 06/15/2025 8:47 AM
I'm good bud. Hope you get better
Message...

"she sounds really sweet!"

(pertaining to Tara)

Tara? Shes very down to earth because shes a capricorn, she has high standards and expectations from life which arent bad

"who is E?"

Oh shes also a writer enthusiast i met before that is fanatic about everything pink but when you hear her voice she is like an emo punk singer hehe

"how long have you been friends?"

mm before we met

tara has been for 4 years

e. a couple months earlier

next to noel and grace

and nathan and nick

"now you have four left?"

mmm if i count noel and grace included.. counting you as well, i may have 5 i think

i dont think nick will connect back if he has me blocked

"has he said why?

you don't deserve that sweetie, that must hurt

you've always been giving to him"

no i just found out today that i cant dm him anymore

uh yes.. that reminds me.. i was always there for him..

"you were

hugs"

nods and hugs you 💔

"some people can't really deal with mental health issues

it's not your fault, maybe not his fault either if he's never learnt"

mmm it is odd because he does know about mental health as he is one as well having troubles related to it.. but yes, he blocked me without any word

"that's mean

not a true friend then"

he kept on saying im his truest friend ever tho..

"we don't know what happened"

with all ive been sharing metaphysical and plus me being chained.. that must have been too much

"I think so

It is a lot"

nods

"even now you show empathy

you're just the sweetest man ever"

that reminds me of what noel told me that im still defending patricija with her still having a heart just hidden in the dark narcissistic mask she has and noel would be annoyed and say "and even right now buddy, youre still defending her"

"yeah it's not always right

but in Nicks case

we don't know what happened

if he cared enough about you or not, and it won't matter anymore if he hurt you, so it's okay to give him the benefit of the doubt

as that won't hurt you"

nods we may never know what the real reason is for him blocking me

"yeah

it's okay to be sad about that"

nods 🙂

"

"

Awwwwwwe thank you ❤️‍🩹

how are you doing right now?

i may check your playlist and ask something from it

"that's good 🙂

I'm starting grading the exams of today

but I'm here"

Okay 😊

just gonna drink my meds

"yes

I'm gonna take a nap

what time do you go to sleep?"

Around 10pm which is 4pm? at your time

"oh then I'll try to stay up

not much time left"

but i can sleep now so we can rest together

"i'm sleepy haha

I had some candy

that makes me sleepy

cause I haven't had candy in 6 weeks"

hehe awwwwe i didnt know that

alright lets go rest together

rest well Aeris *hugs you* night night

"Sleep tight my sweet Eli"

--

"I had a nap and im in the library now"

--

"Will try to sleep early too, looking forward to a new day with you back home ❤️"

--

hugs you 😊 Good morning, what time did you sleep?

https://open.spotify.com/track/50mP585LRyrs6DdoFX1mak?si=63ytMEsfTyeyNXzz-dvsgw

https://open.spotify.com/track/2uUIijb5aTHWdQjZTaiQqs?si=iZSOYlt3RcGptUMB4ZilXw

https://open.spotify.com/track/4v2h02Mogl05lVQiSF64Y7?si=0aJXyDDMQBSTPqGuk5ae2g

https://open.spotify.com/track/7oIsE7AaWD95DA09Izwtm1?si=MrqTyT3IRy-1GbOgD89jEQ

https://open.spotify.com/track/2MoEiVCVhsSgZ0pASYusBb?si=z3-AoDAfQ52JTVh5hH7alg

https://open.spotify.com/track/3X97P0nmEPEq177kPCj1Bh?si=KCSC6iFNSFGiDPSDIA34VA

https://open.spotify.com/track/07uNqcEHOjdSeWungdyKnq?si=x41uuS3SRE2F-_jZqwdt5w

dad and i from now on will try to be outside more and connect with people or family, and so if i dont reply sooner, id be walking or crossing streets, im just telling you so that way it doesnt mean we cannot talk like we usually do you and me *hugs*

ill also tell you where or what im doing

"Goodmorning Eli"

Good morning Aeris, how is your sleep?

"It is wonderful news that you ll be going outside more"

ill be dressing up in a bit for outside

"Plus you ll have your schooling, right?"

mm my teacher said to take it easy this week and so we will just start next week i think

"Alright

Dont worry about not being online all the time, this is healthy for you, it makes me happy 🙂

Im glad he s taking care of you"

Awwwwe *hugs you* ill keep you updated with how you are with me when you go about your day and we still able to have a close bonded connection with each other even so hehe

brushing my teeth now

how was your sleep? what time did you sleep? 😊

how is the student?

"I think around 11

He s good"

Gooood i am very proud of you

"I got upset bc Umer hasnt talked to me in two days

Also, the dad"

hmmm

oh..

"So i said i felt that he wasnt putting in much effort

I asked him if he even wants to try to be friends

And he said he needed space from me

So we broke contact

Who even needs space from someone after only a week

What an asshole thing to say to make me feel bad"

...lol mmm that is kinda strange for him to say

"Like Im the reason and im too much, I dont even ask much

With Umer, I know hes busy and very tired from his new job but he promised to say goodnight at least so he just forgot about me

So i cried"

Oh... *hugs you* im sorry they made you feel ignored or less.. you are not, youre the most genuine person ive met and very caring and understanding

"Too much probably

If they see me as too tiring to even say the minimum"

thats... im getting angry at them.. thats their problem, it wasnt you that was the problem it was them.. *hugs*

"I hope umer will make it up"

if he is good then he will

"He has no experience with maintaining a friendship and he has been honest about that and said he d be willing to try

And now he has a new job

And things going on in his family

So i will forgive him

The dad can go"

lol yes the dad can go lol

i hope umer is good as how you described him.. he may have just forgot and wasnt intentional

"Yeah i dont think it was intentional

Just tired

I finished my grading yesterday

So i have the day off"

--

"Oh one more update

Reached my goal"

AWESOME!

I am very proud of you for getting to this point of your goal! *hugs

me and dad just visited the facility where i was held and those who got left behind. we gave a loaf of bread.

now were visiting my uncle who is recovering from a heart problem

"You're doing great, I'm also proud of you!"

😊💔

"You're so sweet 🙂

wasn't it weird to be back there without chain and just be able to walk out?"

Awwwwe you are too 😊

not really, what mattered to me was letting those left behind they werent forgotten

"will you keep doing that?

as part of your role as an elder?"

uh no not because of my church elder status.. but just as me as a person and a friend

Yes i plan to make it as consistent as i can

"that's wonderful

you're such an amazing person, I am lucky to have you in my life"

I am also lucky to have someone same as me in a depth level as i wont be able to find someone like a mirror and giving me insight to grow maturely and healthily *hugs you dearly*

how are you doing right now?

"I had breakfast, the kids are leaving for school

I worked hard yesterday to have the day off today

but now I don't really know"

I know what you need, let us make this day off of yours worth it, lets talk more hehe

"but you're out at your uncle?

I have to go running and groceries, so that will give me something to do

I'm definitely up for spending time with you 💔"

(continue pt35)

Part 35

(continued from pt34)

i can multitask i mostly just listen as their company (i should work on that)

and yes im looking forward to spending time with you as well, maybe try some things we havent done yet like vc or video call and try exploring that level of comfort zone

"I can only do that when I'm alone though"

ah yes, whenever you can no worries 😊

"🙂

I will try to get over myself haha

have I sent you a voice note before?"

that expression is new to me, what does it mean?

Uhm not yet that you are speaking tho

"I forgot hahaha *blush*

um when someone is being dramatic or anxious about something and someone else says: get over it. Means stop making a fuss and just be done with it. So I can say get over myself, means stop being anxious lol"

oh hehe i get it now, and awwwe naw take your time no pressure for you please be at ease

--ill listen to this voice note you sent once im alone hehe.. or maybe listen to it in a low volume

"haha don't expect too much, it's just one line :p

I get so nervous with these things

you can't correct on discord, once you let go of the mic button it sends haha"

Awwwwwwe you have an adorable voice and yes thank you for getting over yourself and mustering the courage to do so *hugs*

":))"

😊

"I'll try to do that more often

and send more selfies to be comfortable 🙂"

no pressure tho please

"--I can do it :p"

Awwwwwwe beautiful soul

":)))

If you could pick a superpower, what would it be?"

Liberating everyone from the imposed ignorance, confusion, blindness, and imprisonment.. and making each and every one broken back into a whole.. starting with myself as I still have dark parts of myself

"wow that is wonderful and selfless

I never had anyone pick something so selfless"

really? what did others replied?

"flying mostly hahaha

I would pick control of time

but also for selfish reasons

I struggle with time a lot, time going too fast, too slow, not getting a break, being late, deadlines

a lot of my anxiety is based around time

So if I was able to stop time, or slow down, fast forward, anytime I want, get a pause any time I want, then my life would be so much easier

bc now, even when I have nothing to do, I get anxious thinking I should be doing something worthwile with this time that isn't coming back, and it doesn't even feel relaxing

but your superpower is so much nicer!"

lol oh that kind of superhuman power lol or turning into a werewolf hehe

and yes time is constricting, and differences in people and what circumstance is available is what makes it more dreadful with what little or more you can make with time

"what dark parts do you have in you?"

negative arrogant egotistic criticizing judgemental rude possessive inner thoughts and urges (even when no one triggered it, kinda like a bully) that further keeps my heart close to people and the good stuff in life.. i only get by because my heart opens a bit and then closes back again, like for example with you and me my heart fluctuates from 60% open to 80% open.. 100% i cannot do as my heart currently is being influenced by the dark sides of myself

"would that be like tha basement of your heart that we call a house?"

maybe or the monster under the bed or in the forbidden closet

"monsters from your past?

we all have bad sides, every good side has a flip side, it's present in everyone and there is no need to push that away or ignore that

as long as you don't let it hurt people or yourself

do you think I would be hurt if you showed that side of you?"

maybe yes, trauma.. i can have judgemental arrogant criticizing thoughts toward others even when they did nothing wrong

and i see

and yes you did got hurt previously whenever that side of me leaked out about 10% 30%

me being too judgemental, critical, and objective without empathy

"to me?"

yes previously when you said ive been critical to you for a whole 2 hours morning and or when im being distant

"okay but that is because you were closing off the other 80%

and only showed me that

without showing me that you still cared about me

I think I was mostly hurt because I lost that other part"

yes and im glad we are pass that 😊 *hugs you*

"You're my friend, you're allowed to be critical of me

or show me bad thoughts you have

I don't mind the darkness sweetie, we all have it"

critical in a constructive healthy manner yes

"yes, while still being empathic

and caring

but that one time, I understand why you didn't

I had just hurt you"

nods im very glad we grew maturely and healthily from that

"do you get possessive thoughts?"

yes and sometimes mixed with arrogance

"about me?"

no mm in general

"about what then?

what would these possessive thoughts sound like if you would allow them?"

i cant express them.. my mind goes blank right now when i try to remember

"so maybe you don't really have them and are just afraid that you do?"

mm i do have them.. thats what made me violent and physically attack others and my dad and uncle and the doc's daughter when they were restraining me

"I don't think that was you sweetie

that was the mental situation

that needed meds

it's not you

have you in the past days felt the need to attack someone?

or the urge"

mm no and yes, when im being suicidal and dont care about the consequences what will happen to me if i do physical crime attack

I remember my reasoning and intentions tho and i deliberately hit them

"yes

illusions work on the brain like that and you would remember it being you

wanting that

but if that is really you, then where is it now?"

where is it now? in my subconscious maybe

"I don't believe that

I believe these attacks happen when you lose yourself

the SELF that is you, is not violent

have you had suicidal thoughts the last two days?"

this question of yours and time of the day and this circumstance and setting surrounding right now feels like deja vu

the last two days? no, my thoughts are toward opening my heart and making genuine connection and going out more and getting done my schooling

"these fights you remember, is that why your shirt was torn in the picture?"

ah yes

"I thought so"

they ripped it so they can inject me with med

"did you get new clothes after that?"

yes *nods*

"good 🙂

this dark side you speak of, these 30%

I don't think it's there, or at least not in the way you think it is

I think it's mostly memories of having dark thoughts when you were ill"

maybe... it was 50 to 90% percent before with chrishana

"well that is because an unstable situation that makes you toxic is making you lose yourself

not because that is your true self coming through

when I lose myself, I get bad too

I get needy and lie and cheat"

back then i didnt have the function i have now to control and limit it to 30ish percent.. but suicidal events are 80 to 95% making me do stuff with almost full conviction

I am glad i am one of the people that helps you have a stable emotional core that will not make you lose yourself

"I wish I could do that for you too, but love can't cure everything.

I'm so glad they found meds that make the suicide thoughts go away

See, you seem to believe that this bad person is you, and you have to restrain it to be in the basement or under the bed, but you are not that

a toxic relationship will make anyone do or say bad things, it's not because you have a bad side trying to get out

you're not a monster sweetie, you're the opposite"

you are contributing gradually as my stable solid connection *hugs you* when everyone has left or is not responding anymore.. like nick

"most of us stayed"

nods and hugs you

"🙂

will you be able to tell your dad honestly if the suicidal thoughts come back?

or would you be too afraid to be chained again?"

he knows what were the reasons to it.. and it is because me dying would liberate everyone from this imprisonment, and i still know and remember this and will never forget i am the core of existence... i know it sounds kookoo and weird

haha yes i do not want to be chained again if im gonna live i rather be able to do something

"but you no longer believe you dying would be a positive thing?"

i still believe me dying would help liberate everyone. but right now, im setting that aside as i still havent seen what if i live and just try to open my heart and connect with people.. would that liberate everyone as well? thats why and what im doing right now also including the schooling

"with dying, there is an uncertainty that you'll never know

the impact you have here, while being here, is certain

have you gotten therapy while you were there?"

i havent had therapy all my life tho

"that's a shame"

i dont know what will happen if id have therapy

"no"

hmm?

"you're right, we don't know that 🙂"

Oh okay, I thought no meant something else

"haha sorry 🙂"

how are you doing right now, tell me if youre preoccupied its okay

"i am making a summer planning
i'll show you when it's done"

ooooh and okayy 😊

--

"and now I have to start filling these empty weeks with work and stuff to do lol
I always deep clean the house during summer
and prepare for the next school year
and try to have time for hobbies
did I tell you I started learning Urdu?
Umer is learning mine and I'm learning Urdu
so he better not drop me"

hehe yeah he better not
and im glad you are learning something new

"I like learning new things

you will too 🙂

I want to help with the schooling

I don't know how

but I want to"

lol i did checked what language was from your country if you remember

and awwwe thank you, ill tell you what assistance ill need

"you were busy with lithuanian :p"

eh.. havent done that for a while now

"focus on the schooling soon 🙂"

right exactly

"hopefully your learning hunger will be satisfied with that"

nods

"I need to go running

but I want to stay 🙂"

Ill be here when you get back, please go running sweet soul 😊 stay safe and well

"mm

okay

haha"

hugs go get em tigress

"hahaha cute 😉"

😁

"

"

hehehe

"will get ready now

mental prep haha"

okay *hugs you luck*

"not gone yet

putting on shoes and all"

hehe okay getting ready

water bottle afterwards ready?

"I already had lots of water

what's the temperature there?

mmmm not sure, how is it there?

"19

should be good to run"

oh it says 29° celcius

"look at what's coming

I will not cope haha

It was 30 degrees one day last week

felt sick

now 33?

nope"

oooof please stay hydrated

"yeah I do that

I think like 3L a day"

people can collapse from heat stroke... please be safe and well

"I won't collapse 🙂

I'm fit"

okay *hugs*

"alright I'm ready

talk soon my sweetie 🙂"

okayyyy run well you got this!

":))"

--

--Awwwwe i am very proud of you, that is a long route to run

"5km

First time over 10km/h

This year

Felt good

--Soaked hahaha"

im glad 😊 *nods*

You really need rest, you are indeed soaked awwwe

"Haha yes

Will be sweating for a bit now

Im happy with the run"

take your time and im glad 😊

"Im dancing now haha"

hehe to tone down a bit?

"Just happy haha and still got my music in"

reminds me of zumbas cooling phase

oh awwwwwee! so adorable 😊💔

that is really nice *nods*

--hmhmm gotcha the earphones hmhmm 😊

"Haha yep"

im just listening to my dad and uncle having a conversation for like 2-3 hours now

"Dont feel bad about zoning out, that is waaaay too long for us introverts"

nods

"Just freshing up now"

awwwe thats nice hehe

--

... i wont open up my heart this way.. i havent had any socialization with others the same depth with you.. youre the only one who does so.. second are tara, noel, grace... but theyre not that consistent.. just you..

what i have with you is what im expecting ideally to have here outside when i socialize with people.. my heart will never open up to them.. its just me listening to them, and not me participating.. listening is participating? maybe but not to open my heart and connect with people.. i know because they do this all the time the previous years and ive always been in the background, unheard, and not let to participate with people.. also because the stuff they all talk about i cant relate.. none of the topics they talk about resonates with me... now im doubting this project towards opening my heart with people

"no hun don't doubt, you can't do that just from one day to the next, it's a growth"

(continue pt36)

Part 36

(continued from pt35)

im only doing this because like what i told you, trying to see if i can liberate everyone back into a whole by letting them open my heart. listening to others communicate with others..? good for them, but not for me

"and also, opening up your heart doesn't mean having hours of conversation"

brb

"okay

you need to grow into that version of you that makes others whole, with small steps over time

it will not go with you opening up your entire heart in every conversation you have

especially if there's more than one person talking and having long conversations

today you have opened your heart by going to the place (what do you call it?) and letting the people there know you won't forget about them, that is enough for today. One step every day and you'll make the world better

(going to the supermarket now)"

Okay. One step at a time. One step at a time.. I need to remember that *nods* thank you, we are home now

--

"--I don't have worms 🙂

I have a small stomach with hardly any acid"

i see, then if you dont have much acid then carbs would be or vegetables and fruits would be easier for you to digest because protein is acid based

"Not sure how that works"

any protein meat mixed in the meal would result in you having your body rely on body acid to digest the food

"I have trouble with carbs and lactose"

interesting... have you consulted your doctor about this?

"it's normal

I have a dietician

at first I went there every few months now once a year"

nods okay

"what are you doing?"

right now im still listening to the 1 hour music and laying down just resting, at least i get satisfaction of genuine connection from you.. i was bummed out with what progress i had earlier outside.. but yes small steps

(im just listening to the audio i downloaded before from youtube: 1 hour of the most beautiful emotional orchestral music, from deepfield channel)

"you had your IDs checked, you visisted your friends and showed support and you visited your uncle, that's three things in half a day when before you hardly got any real life connections"

true

"guard your own energy first and then if you have energy to spare, hand it out 🙂

it would have been okay if you had done none of those things now, today, on your first day"

okay

"and even if you stay home, you make me happy 🙂"

Awwwwe im glad 😊

"like last night I was crying bc of Umer

bc I don't get how he wants me to be close and then not talk for 2 days

and talking to you made me calmer

and less selfish and more empathic

to what he's been going through and I should trust that he's not just dropping me

we stayed the same after 10 days

even me and azeem stayed the same after 2 years

so if my connection to him is of any value, a couple of days of silence won't change that and I don't need to burden him with being needy

I just need to accept what he can give and not ask for more

and realizing that, here, made me feel better, calmer"

😊

"you do make the world a better place, Eli, even if you don't see immediate results

if I hadn't told you this now, it would have still been true

but I'll try to let you know how you make my life better, if that is what you need at the moment to keep going"

nods im glad im leaving a legacy one heart at a time, and you are too with those you told me that are leaning to you, me included hehe

"are you leaning on me?"

yes you are my support and emotional stability.. but i do apologize if i act sometimes and forget, because im blinded with fog like last time being suicidal

"are you being suicidal today?"

today.. mmm no, because you said one step at a time

"yes please keep that in mind"

nods slowly

"

"

hehehe awwwe

"how do you call the place where you were chained?"

mmm the center something.. forgot the actual name but its a center for rehabilitation (no therapy tho) just dispensing meds

"just center then"

were there girls there too?

"oh i havent told you about each of them, lets see:

hehe the other one the oldest, Edwin stole a cucumber and i dont know why that is included as being mentally ill.

then 51 year old gilbert has been in and out since 1980 something.. he hates the higher ups and his family that keeps on putting him there without solid grounded reasoning.

38 year old frinnel was there earlier thane for like 3 to 4 days earlier and he can see two moons and two suns similar to planet x theory. with him, he had a withdrawal experience from stopping drugs and so everything he did was justifiable as withdrawal and they released him the day before i did.

31 year old kim is also repeater of coming back and in and the staff told us its because of his vices, same with gilbert and gab(riella).

19 year old gab is a prostitute before and had a child which she physically abused because of the father leaving them her boyfriend and so she lashed on the child, she will be released on her birthday july 3 and will have to fight a lawsuit her father charged her with child abuse

"who did you send this to?

which one were you closest with?"

im close with all those ive mentioned.. except edwin and theres an older woman thats talks to herself, ninita

i sent that earlier to E. when she asked about those people as right now shes experimenting whether to be off of meds or not

"was there anyone you felt connected to on a closer level? attracted?"

Not really.. i cant relate deeply with each one of them not even gab, they all say im advance like my head is somewhere up there or i am very weird or weirdo lol but theyre okay

they said that when i wasnt talking much with them

"in the beginning

did they see you fight when you were brought in?"

frinnel and kim are both released earlier than me and i texted them twice in a week and still havent responded, gab is understable not able to respind because she'll be released on her birthday

and no they didnt saw me fight when i was brought in because i was already tied up *nods*

"and there was no more violence after that?"

no more yes

"has any of the others been violent?"

yes they even harmed one of the staffs with a stone at hand or verbally threatened them

"aww

poor staff"

nods

"that's gotta be a tough job

did you harm anybody that first fight?"

it is a tough job and you wouldnt believe the staff are previously originally the previous batch that got rehabilitated and are still taking meds today.

i harmed my dad, the doc's daughter, and my uncle that is a bishop

I would totally believe that bc those are the ppl who dedicate their life and energy to helping the next who suffer

yes you hurt them, but where they injured?

nods 😊

oh and no i just kicked her legs, kicked my uncle's balls, and kicked and hammer fist my dad's side and cheek

"just bruises

have they all forgiven you?"

yes... mmmmmmmmm i dont know, dad seem to take it as me being crazy at that time but he is trying to understand sophia/logos/ain/demiurge concept

as with my uncle... we will see when i visit them tomorrow, the uncle we visited today is different

"the uncle you see tomorrow is a doctor?

oh no"

a bishop *nods*

"sorry I thought you punched the doctor

they were restraining you so the doctor could give you the shot?"

hehe that would have happened if he arrived earlier... he deliberately arrived late when i was all tied up on the chair

the doctor's daughter gave the injection shot, and i kicked her legs

"he let his daughter take it :p"

lol

"you told me then, that day, you'd get your shot and be back in an hour

when you didn't, I knew they had kept you there"

lol i apologize i didnt know that would have happened and that id be held for 11 days

"to be honest, a part of me was relieved that you were being kept safe"

oh yes because i told you that day i drank 10 2mg respiradone tablets

"yes

and you were desperate to die still"

nods

i even asked the police that escorted me to the center to draw his gun and shoot me in the head lol

"in a way, it's lucky you were so open about it

I would have been lost without you"

i even asked my bishop uncle that i kicked his balls to give me his handgun at home so i can kill myself

and yes, maybe being expressive about everything saved me

and yes im sorry i kept being blinded by a fog, but i will keep what you told me.. one step at a time *hugs you dearly* im sorry

"I know you truly believed you would deliberate people and you thought we would be united if you died, I know you didn't mean to leave me

but you don't know that"

nods

"will you change your name back to Eli?"

(because on my discord account it has username:

GOD, Old & New Testament, Lucife(r); pronouns: Demiurge/Logos/Sophia/JC; and bio: 8/28/1997 - 8/28/2025

We will see if this will happen, if i still dont die then at that marked date.. I am still being imprisoned by my own selves (watchers, keepers, archons) in this matrix; and status i had since patricija blocked me: Tu esi mano širdis, visada.. aš žinau, nes truputį suprantu lietuviškai su tavimi.. kada tu esi toli. Tai... yra mylėti. Meilė.. grammar kinda suck but those are what i learned)

mmmmmmmmmmmmmmmm i will keep it as it is, until i have fully opened my heart and trust life fully

"alright"

nods 🙂

how are you doing and or feeling? i was just resting still

--

(exchanging voice notes)

--

"we made some progress today 🙂"

Awwwe yes we did, and i apologize i fell asleep for an hour.. i woke up just now as my dad woke me to take my meds.. I still subvonsciously think and thought i was chained.. and even after realizing i wasnt.. i feel a weird heaviness around my left ankle like the chain is still wrapped locked there..

ill be heading back to sleep *hugs you*

"it will take a while

yes, you have a good night love

❤️"

nods 💔

--

Good morning Aeris, how are you? what time did you sleep last night? How are you feeling?

--

we'll be going out again

--

im at my bishop uncle's residence, i just asked how would we support from the lds relief society those who were left behind at the Drop-in Center

"Good morning Eli"

Goooood morning Aeris! *huggies*

how are you?

"So lovely to wake up to someone happy to see me 😊"

heeheee ofcourse *huggy huggies*

Me, dad, and my aunt the third one had a good trio heart to heart talk

"Hugs you back"

😊❤️

"You re so sweet

How did the talk go?"

heehee and

Mostly about introversion and socialization

"How are you feeling about your day?

Sounds like you took some steps already to be pleased with 🙂"

Today kind of okay, taking things slow one step at a time *hugs you*

"Perfect

Soo many hugs, lovely, big smile here 😊"

hehehe 😊🤗

"How did the bishop say you could help?"

They explained how it works and that its a different branch that covers that area in this province and maybe they could help

"The other branch can help, not you?"

Yes the other branch that also has a relief society, yes *nods*

"I see"

nods 😊

How are you doing?

im just sitting on the floor and letting the others do their activities

"Im making the lunches

What activities?"

Oooh okay 😊 some are cooking, others are doing the cooperative thesis, others are playing a mobile game, others are playing the guitar/ukelele

"Where are you?"

at my uncle bishop's residence *nods*

"So many ppl there?"

mhmmm mostly nieces and grandchildren

"Haha fair enough"

😊

--

Hiya, how are things there?

--

how are you feeling?

"(she sent a voice note)"

Hehe awwwwe and okay, ill wait for you to send me the title - oh thank you 😊 ill listen to it

"-The song is Ramaganana

(she sent another voice note)"

Okayy I am proud of you, you can do this!

--

okayyy 😊🤗

im listening to ramaganana its like a twist of hakuna matata and lilo and stitch and fun disney i like it

"Its fun right

I know it by heart

Even if the lyrics dont mean a thing"

it is 😊 awwwwe

"Just be dancing in my car haha

Getting installed in my classroom"

Hehehe

okayyy

"I can talk

A little hehe

Will have some cereal"

Okayy *huggies*

"Mmm cutie hugs"

later me, dad, and my uncle bishop will go visit a much rural property place

--AWWWWWE!

"Empty for now"

Alright! itll get lively once the room starts to be filled with students, awesome

2 for each desk, that would mean each student cooperates healthily with their seatmates compared to whats shown in american films where they dont

"And then quiet again once they have their exams"

Okay *nods*

how does the cereal taste like?

"Fruity

Putting the copies in order now"

Awwwwe

okayy

(continue pt37)

Part 37

(contniued from pt36)

"Almost done with the prep work

They have different exams and different extras

20 students today

I hope they work fast so i get off early hehe"

nods ive been sleepy lately.. must be due to getting used to life being chained for 10-11 days.. sleepy and light headed

"Maybe a side effect of the meds?"

maybe

right... i was like this as well when i was chained (except there it was also mixed in with depression, stress, and helplessness so i wasnt able to recognize it as being the same)

i was also taking meds during that 10-11 days and still onwards now with the same meds til present

"You were probably also bored to sleep"

Yes exactly.. so now i didnt recognize it as being the same because im not bored anymore lol nor depressed nor stressed and helpless

"Well that sounds amazing

Out of all those things to only keep the sleepiness is fine, no?

Also, what you ve been through has been quite traumatizing

So its going to have some backlash"

my sleep pattern now is fixed as well now

yes, you are right i should keep that in mind *huggies*

"Hugs 🙂

Brb students arriving"

--

how are you doing?

im just snacking on bread my bishop uncle gave us

"Well im not bored yet but Ive got four more hours to go"

okay

"I dont think they will work that long though

They all have just one exam"

mm *nods*

the missionaries just went for a quick visit to spread the gospel to one of the grandchildren

how are you?

ive been mostly busy journaling

"Like writing a diary?

I have five students left so its going well"

mhmm just my thoughts and oooh okayy

"Are they intrusive thoughts?"

Not really, just like reminders

sorry for the late response still light headed

"Thats fine sweetie, im at work

You rest all you can"

nods 😊🤗

it comes and goes tho

"Are you eating enough?"

like a fluctuation hehe

yess ma'am sure do

"Hahaha good 😛"

hehehehe

Just talking with dad and investing some socialization

"Thats good

Dont overdo it though

You already had a nice heart to heart today

Dont over exert yourself

Your body is telling to rest

So that means resting from socialization as well"

Okay *nods slowly*

"More days ahead 🙂"

id definitely take counsilor or therapist for a career *nods* related to childhood and trauma persisting in adulthood etc

"Yes that sounds like a good idea

If you manage to let it go as well"

Lol you are correct.. i need to heal myself first lol

how are you doing and or feeling?

"Im waiting at school for my exams

Sleepy lol

Had lunch"

Okayy 😊 and awwwwe hehe

"I have them, going home now"

Stay safe and healthy, sorry for the late response, i just tweaked my aunt's chatgpt permanently to write dissertation her style and manner

--

"--no, deadline is tomorrow morning

it's not too much

I'll do it first"

Mm okayy

hugs you dearly I. Am. Very. Proud. Of. You. 😊

--

"what are you doing?"

I am sitting down, same thing letting everyone do their thing and soon we'll have dinner, and then we will go home *nods* 😊

"that's a lot of socializing hun

very large contrast with your life before

how are you coping?"

Lol even when im just present or just observing and listening..

mmmmm hopefully ill cope well and still have a good balance, currently i feel i need to break through my small comfort zone.. but yes more days to come and step by step... tomorrow... we will be going out again to process my dad's pension and other government legal status invluding for my disability finances amd other stuffs.. and also maybe socializing again and all these (not those that are done tho) to be again on the next day.. oh! on saturday we will go every morning for a walk on the baywalk, and then saturday 12 or 2pm a group to pitch in ideas i think.. hehe..

not to mention the visiting frequently on those ive mentioned before that we will be visiting

"I feel like your father is making a huge effort to help you recover, which is really nice"

Yes it is part of what i discussed and asked of him and my relatives which they agree with *nods* 😊

"that's amazing

and good of you to ask for it"

but i am glad to have you to keep me grounded as i can be too hyperfocused and lost touch and burn myself with reality

"I hope I will be able to"

gonna have dinner now *hugs you dearly* my stability heeheeee

"mmm :))

enjoy dinner

glad you are having more variety in your food as well"

haha yeaaah 😊

you have this! You can do it! I am so proud of you and what you do and how you are with me and others, I love you ❤️

"I love you too :)) ❤️"

Going home now

"alright 🙂"

how was the student?

Has he calmed down...?

"I haven't heard him today

He had his last exam so he must be celebrating with his friends lol"

if he passed then thats all that we all wanted and im glad for him 😉

"we will know tomorrow"

oh okay *nods*

"are you home?"

we just arrived *hugs*

"good 🙂

got some alone time to unwind?"

I think so *huggy*

"Nice 🙂

shall I let you rest?"

lets talk because id be asleep in about less than 30 minutes

"I can let you rest before you sleep if you need that sweetie, there will be more days 🙂"

Im okay *hugs* 😊

"one positive thing to take out of those 10 days is knowing that time or distance won't change us 🙂

like it was a test, you know?"

Id like to pin that what you just said, that is very powerful

"there have been people here on discord, once they stop talking, I forget about them

maybe that sounds mean

but I cannot help it

I don't think they are meant to stay, for me

we have reached our pin limit 😉"

nods but we stayed, and that is powerful indeed *hugs you lovingly and dearly*

"mmm hums into the hug 😊

you're the best 🙂

if you keep being so affectionate, I might not let you go 😉"

Lol ill never be not affectionate lol

And you are The Most Deepest connection that I have that knows and sees me as a whole and not fragmented 🤗

"do others see you as fragmented?

That's good, I don't want you to ever be not affectionate 🙂"

Others havent had the chance to see me as a whole because they havent gone deep as we are with each other

"I like that 🙂

cutie

I want to give you all the cuddles you need"

hehehe

lol i feel the same way, the gigil feeling lol

ima eat some pancake for dinner heehee

"pancakes huh, threw out all the porridge? 😉

gigil yeah 🙂"

lol with dad and i outside.. cooking porridge for the whole day and having left overs (no fridge) would have it spoiled hehe so uhuh yeaah

"so you ate that bc it was the most convenient as long as you both stayed home all day?

we have pancakes in the fridge"

exactly and awwwe sweet that is nice, and yes there is no electricity here only relying on solar power that can charge the phone and some lights and inverter for the laptop.. the power is cut here because the owner hasnt been here for a long time, my aunt is just letting us stay

"do you have a room for your own?"

i do, i sleep on the floor upstairs because its cold and the weather here is warm and we dont have electricity for fans or air conditioning so haha

"well privacy is nice"

mhmm 😊

"I miss that sometimes

A place for myself where noone else enters

I guess that my car

when I'm driving

then I'm alone

but still not much privacy hahaha"

You would have loved my previous lifestyle being secluded (not the 10 day chained one)

"not the porridge though 😉"

hehehe 😄

"I think I only love being secluded when I'm feeling overwhelmed with stimuli

not every hour of every day

I just need more alone time than I get now"

done with dinner and true, too much seclusion can be bad as what happened to me lol

Can you arrange something in that nature with your family? or is work holding you down?

"I'll have more alone time during vacation"

YAY

Thats something to look forward to

"🙂

it is"

one minute til bedtime for me..

"awww

tight hugs then"

hugs you like a child dearly

"like a child hehe

cute"

heehee

I love you *nuzzles*

"mmm love nuzzels!

gimme more 🙂"

hehehe *cuddles against you childishly*

🤗

"haha

sweetie

have a wonderful night"

leans head against you in comfort goodnight mama.. sweet dreams

"sweet dreams darling 😘❤️"

--

Gooood Moorniiing! ❤️ Happy day to wake up, I love ya Aeris 😊🎉

im not sure if its the meds or just my social battery... tired and sleepy all the time on and off comes and goes...

(because i had this the first to 10 days while chained.. but even then im forced in a social environment without privacy so dont know if its the meds or not... but dad has been giving me a different set of meds, still the same, but not the same combination as 1-10 days chained.. so it now definitely falls to my social battery.. maybe)

dad was concerned. He is treating me now to a halo-halo at chow-king

dad has one too

sleepy tired is making me a bit dizzy and cant hold properly with my hand nor type well etc id rate it 40-50%

"Morning Eli

Maybe you should consult a doctor about the dizziness?

Bc that is not just being tired"

okayy 😊

ill be staying home the rest of the day

"Thats good, are you still dizzy?

Take it slow sweetie"

Lol i am

"Should I let you rest?"

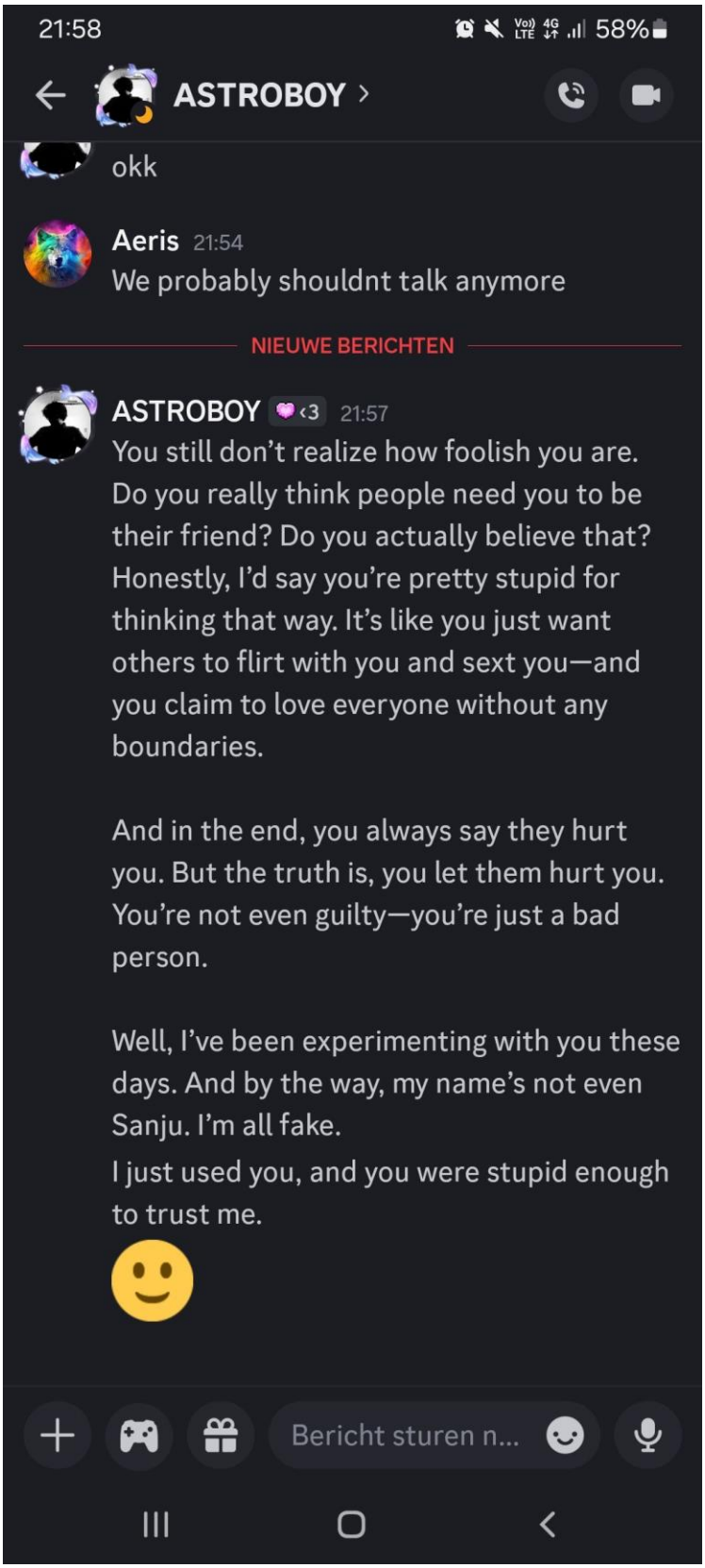
mmmm i wanna talk with you tho

"I will have breakfast soon but i will be here after

I can tell you an update"

Okayy 😊

"


21:58
58%
ASTROBOY
okk
Aeris 21:54
We probably shouldnt talk anymore
NIEUWE BERICHTEN
ASTROBOY <3 21:57
You still don't realize how foolish you are. Do you really think people need you to be their friend? Do you actually believe that? Honestly, I'd say you're pretty stupid for thinking that way. It's like you just want others to flirt with you and sext you—and you claim to love everyone without any boundaries.
And in the end, you always say they hurt you. But the truth is, you let them hurt you. You're not even guilty—you're just a bad person.
Well, I've been experimenting with you these days. And by the way, my name's not even Sanju. I'm all fake.
I just used you, and you were stupid enough to trust me.
Bericht sturen n...

"

hmm who is this?

"This is Sanju"

oh i thought he was blocked already?

"No no i had given him a second chance and we talked to ten days all day

And he was very loving

Just ten minutes before this he was saying what an amazing person I am with a good heart and how nobody should ever hurt me

And how he loves me

I know this last message of him is all lies

Him faking it, he faked nothing

And he didnt use me

He just lashes out when he feels like hes losing me

But this came out of nowhere

He blocked me

He s sick"

Oh okay. I cant say anything about it, its your decision what you know how it is and what'll you do, and what is he sick with?

"Just a sick fucked up person

To say things like that

I blocked him ofc

No more third chances"

nods you know best

"Its unsettling

To have someone who loves me say those things to me

Im trying to see it as a him problem and not caused by me

But its difficult"

yes. it is a him problem. it was never a you problem nor a you both. it was a him problem

and is a him problem

"I could use a hug?"

hugs you and comforts you

"Thank you sweetie

I love you"

youre safe here

I love you too

"Ill be back after breakfast"

okayy 😊🤗

"Making the lunches now but i can talk"

i took a nap.. for about almost an hour, staying up does make me feel that weird feeling like an hour glass.. let me try laying down.. it kinda still does

walking down the stairs feels like my legs are limp a bit

"that's not good sweetie

have you checked the side effects of the meds?"

not yet let me see with chatgpt

"okay"

Here are the common and serious side effects of each of the medications you've mentioned. These drugs all affect the brain and nervous system, so combining them must be carefully supervised by a medical professional.

---

1. Valproic Acid 500mg

(Used for bipolar disorder, seizures, migraine prevention)

Common side effects:

Drowsiness or fatigue

Dizziness

Tremor (shaking hands)

Nausea, vomiting, or stomach pain

Weight gain

Hair loss

Increased appetite

Irregular menstruation

Serious side effects:

Liver damage (especially in children under 2 or people with metabolic disorders)

Pancreatitis (severe stomach pain, nausea, vomiting)

Blood disorders (low platelets → bleeding/bruising)

Suicidal thoughts or behavior

Encephalopathy (brain dysfunction due to high ammonia)

---

2. Chlorpromazine HCl 100mg

(Antipsychotic, used for schizophrenia, mania, nausea, severe agitation)

Common side effects:

Sedation, drowsiness

Dry mouth

Constipation

Blurred vision

Dizziness or low blood pressure

Sensitivity to sunlight

Weight gain

Serious side effects:

Tardive dyskinesia (involuntary face/tongue movements)

Neuroleptic Malignant Syndrome (NMS): life-threatening muscle rigidity, fever, confusion

Seizures

Heart rhythm disturbances (QT prolongation)

Blood cell abnormalities

Liver problems

(continue pt38)

Part 38

(continued from pt37)

---

3. Biperiden HCl 2mg

(Anticholinergic used to treat extrapyramidal symptoms caused by antipsychotics like chlorpromazine)

Common side effects:

Dry mouth

Blurred vision

Drowsiness

Dizziness

Constipation

Nausea

Serious side effects:

Confusion, memory problems (especially in elderly)

Hallucinations

Increased heart rate

Urinary retention

Glaucoma worsening

Combined Use Caution

Taking these three together increases the risk of:

Sedation and drowsiness (especially dangerous if driving or operating machinery)

Anticholinergic burden (dry mouth, confusion, overheating, urinary retention)

Movement disorders (biperiden is supposed to counter this, but it’s a delicate balance)

Cognitive impairment or confusion, especially in higher doses or long-term use

Liver strain, particularly with valproic acid and chlorpromazine combined

---

If you or someone is taking this combination and experiencing unusual symptoms (especially confusion, fever, muscle stiffness, severe fatigue, or jaundice), seek medical help immediately.

Let me know if you want side effects grouped by system (nervous, GI, cardiovascular, etc.) or interactions with other meds.

....it is the meds either one or both when taken single or both either of the three

"okay so the dizziness is completely explained by this

the tiredness

shaking hands

the meds literally drug you

you'd have to tell the doctors in your check up so maybe they can adjust your dose so you can do the schooling"

ohh so dad is not giving me bepireden for 3 days now until now.. becaude the doctor said to only give it to me when needed (meaning when the side effects kicked in). Dad said he was giving me twice a day bepireden back when 1-10 days chained. chatgpt warned about biperiden...

dad is telling me he is going to cut in half the other two when ill be taking it

(update: never happened)

"is it safe to change the doses by yourself?

you take the bepireden now to counter the dizziness?"

yes and dad is saying it makes sense the other two is a high dose and why we need bepireden sometimes to counter it.. but that would make me dependent on bepireden and it is costly as well.. thats dad's reasoning right now

"but you can't do schooling when you're this dizzy"

exactly.. but its not like gravity pulling me down like respiradone.. that was very bad then and cant read or type or do anything

"you can handle this dizziness?

do you feel relieved that it's caused by the meds?"

its not uncomfortable like respiradone.. its like im just sleepy and ready to sleep

yes its more understandable now that its just the meds

"that's good

it's only the first week settling back

so it makes sense they keep the dose high

just to keep you safe

since they don't know how you would cope when they can't monitor you"

ohhh no wonder thank you for explaining it clearly hehe i understand now

"they will probably gradually lessen the meds

and see if the illusions come back

I mean, I'm no psychiatrist, but that makes sense to me

no?"

also its slow release for valproic so no cutting in half. they prescribed it for the morning because of slow release and cannot replace it with the other med even if we cut it because its fast release chlorpromazine

"yeah I wouldn't change the doses they prescribed"

i mean i still hear the voices archons demiurge as my neighbors pretending to be neighbors and mocking me as the logos sophia, but because of the meds there is no conflict because the meds like proic something acid makes me calm and shrug it off my shoulder or pass my ear.. but i still hear them and am still psychically awake

"I read that ideally the meds would have started right at the beginning of the voices"

i see

"the other ppl in the center, do they have voices as well?"

yes they hear voices too the others at the center

oh and they stopped attacking when i was busy connecting with people the past few days

"ooh that is nice

good to know!

have they reported the voices going away too, when they are released, or do they just stay forever?

only when you are in real connecting?

do they keep attacking while you chat?"

they attack me if i chat online yes as how i was when im talking to you and then youre surprised im not sleeping or have went to do the liberation thingie.

the voices stay they said. its a permanent medication for a lifetime

(reminds me of, A Beautiful Mind)

"I'm sorry to hear that sweetie

I wish I could keep them away"

maybe if we call on vc.. i remember them absent whenever im in vc with a friend

"yeah but I don't have the means to do that a lot"

thats okay *hugs you* what we have is enough without minding the voices

"so maybe you could find a community to VC that is available in your hours so that you can call in when you start to be overwhelmed by voices"

ah i tried that and do have servers for that but i dont know them deeply.. im not interested

"okay keep that as a back up plan

you can call them and have a not interesting chat haha"

lol ill try..

it always ends with me muting myself and just listening to them all

"as long as that helps"

i think bepireden is slow acting? i slightly feel the same still.. like a small fog in my head

... better, theres no glaring light in this room from the outside

"yeah some meds only work with a constant dose over days"

oh okay

"The student had his results 🙂

He'll graduate on Wednesday 🙂

we're very happy"

Yaaayyyy 🎉😊🤗

"hehe

so relieved"

hmhmm me too

"hehe sweetie 🙂"

im very happy for him and you DID WELL

"he did the work, I did the support"

YOU BOTH DID WELL

"🙂

I'm going running now"

stay safe and healthy

im just napping

"10 km

Hope you feel better soon"

Awwe and i just woke up again for like a couple minutes ago

"Such timing 🙂"

hugs I just went down and explained to dad the archons of the demiurge are at their toxicity again trying to make me triggered again.. i went down stairs so to avoid that if i can.. nature of the archons smh

I am proud of you for keeping your stability well hmhmm 😊 please be hydrated

"well, I do feel bad bc Umer hasn't talked to me in five days now and Sanju, well, that was upsetting

I'm sorry you feel worse again

is it better, being around him?"

around dad? hes not the one causing the trigger.. these archons are in the form of neighbors

"yes I know but are the voices more quiet when he is around you, when you're not alone?"

nope, i still hear them even with people.. the degree of their toxicity changes tho when im trying to communicate and open my heart to those who have the divine spark

"what toxicity are they now?

what are they urging you to do?"

trying to press my triggers by annoying me into a rage

"a rage towards the neighbours?

or towards yourself?"

yes

towards neighbors

sometimes it gets bad and even towards family

"since you are a peaceful person at heart, I don't think there is a direct danger of your giving into that urge?"

i would slam something or shout out in rage tho as i have done so, including being violent

"today?

feel the need to do that?"

no just telling you id be like that if i give in to the urges.. and one of them the drastic one is doing the liberation for all suicide act

"I understand

but I'm just trying to figure out, if you say the toxicity is at it again, at what level you are, on a scale of 1 to 10, to actually rage

maybe you need one of these:

"

im sorry about umer... with sanju im not sorry (about him) because it has been countless times we talked about him and we talked about blocking him countless times before, and how he is very toxic even disrupting your calm circle stability

"... okay"

dont worry, im just telling you about our chat history (as ive been rereading them and seen sanju being brought up countless times with him being toxic and or being blocked... not sure if the chat history youre trying to delete is from him or from the dad guy but yeah)

you still know what is best

ah yes, a punching bag i had some before when im very aggressive with martial arts... it would be very loud when i kick it...

very unfriendly noise wise for the neighbors. i mean it will really be very loud if i kick it.. like a stick hitting a punching bag.. my legs bigger than my arms so yeah...

"that was before he returned, he said he grew and wanted a second chance and he wouldn't mess it up this time

and he has been very kind for ten days straight

and has comforted me when I cried without expecting anything

he showed now that he is still struggling with his own inner demons who make him burn the bridges with people he cares about and therefore I must give him no more chances

if you say i'm not sorry bc we have talked about it enough, that's just saying I deserve to be lashed at just for giving someone another chance"

I see.. wonder why he is taking a toxic front... exactly the time i got released and am talking to you

oh okay reading what youre telling me about him now, and hmmm yeah he fucked it up again..

and no thats not what i was trying to accomplish.. im just saying sanju has been an old issue since so it is definitely a him problem, not you being stupid or naive at giving care

"so you mean you're not sorry he's gone?

I thought you said you were not sorry he treated me this way"

thats not what i said sorry i wasnt clear. i said i dont feel sorry for him and only with umer. i dont feel sorry he fucked up again.. because he did messed up bad as repeater as he was before as well. i think i already said my part on what should benefit sanju before... if you remember me saying he needs to have a breakthrough.. thats me giving shit/care about him before

"well whatever happens in his life now is no longer an issue of us I guess"

and he faked a breakthrough by getting another chance with you, which if he genuinely did, would have been nice.. but he faked it with everything he has told you that are hurtful.. and then him blocking you..

he may be bipolar or borderline personality disorder and even narcissism.. but yeah, thats all him

hugs you how many people, good people are in your circle sweetie?

lets focus on that

it feels nice to have a healthy mature circle of connections

its okay if others come and go.. theyre not the right people, just keep those who are and like the student hehe awesome! doesnt that feel great? being able to help someone achieve something in life and share the happiness with their success?

"People who still talk to me on dc, that's just the one haha"

Me?

"Yes I hope the student will stay

he just said now that he would definitely stay in my life

but that's always everyones intention until they are not"

Wanna meet my friends tho? even if im not talking to them much, i know theyre good people

"No that would be awkward to me

I need to find my own peace again without being needy"

Hmmm *nods* I was about to recommend noel, stephani/shelly, nathan (grace has her own problems and she told me before she cant be there for everybody or fix everything) etc

"you can't share people though 🙂

hand them out haha

cutie"

Why cant i? if i know ill be building a tightly knitted soul to soul community?

"well I don't know them and they don't know me

it would be awkward to force us together then"

thats why ill be saying for you and them to try being friends tho and work up on that?

"maybe in the future"

okay

"you're sweet 🙂"

hugs you anything to be helpful

"hugs 🙂"

oh theres this group from Ash, lots of people she is friends with (mostly liberals) do you want a link to her server?

"not yet

I am hoping in the summer vacation to find my passion for writing again

I am practicing Urdu now

I need to find peace on my own without depending on others"

That is a nice goal to look forward to and focus on

"yeah :)"

interesting how you are like me, still practicing urdu even when umer isnt responding to you much anymore.. and me previously with lithuanian after patricija and i didnt talk anymore

(continue pt39)

Part 39

(continued from pt38)

"but

I haven't gotten closure from Umer

I'm still hoping he will return"

nods

"our last conversation was very good

and he said on sunday: our internet is shit, bc of the war, they'll come check it tomorrow

and he has a job during day time and courses during evening and he said he was still adjusting to being so busy and tired

so those are two possible reasons for his absence

and until I hear him confirm that he lost interest in me, then I'll try to give him the benefit of the doubt"

okay 😊 glad he'll be back

"I don't know that, I'm just hoping..

on saturday he talked all day, from noon till well past midnight and he was sweet and said he loved my company and wasn't going anywhere and he promised he would tell me if it got less for him and stuff

so I'm trying to trust in that"

He is very attentive and caring to voice all that with you in mind

"yeah

maybe it's stupid of me to hope that, bc he knows how upset I get with silence and it would only take one moment to tell me "i'm still here, don't worry, goodnight"

but still, hoping for the best is helping me cope right now

even if it's stupid"

its not stupid, its just you being a mature kind soul with light

"thank you 🙂"

Always 🤗😊

--

--nice book

whats the book about?

"Egypt mythology, didn't finish it though

it's from one of my favorite writers"

interesting.. Kane? havent heard about that sounds interesting

"Rick Riordan writes about mythology

do you know percy jackson?"

Hehe yeaah

"he wrote that"

i mean i watched the movie

ohhh

that is very interesting

"🙂

he has 15 books about the greek mythology

no more, but I've read 15

got a few more

that I haven't read

then a series about norse mythology

I love his writing"

Thats awesome, some are scholarly research based and others novel like

"all the real myths are in there"

nods thank you ill keep that in mind and see if he covered isis osiris and seth

"the egypt series i couldn't really get into

I didn't really like the start, it was too complicated

I think he wrote that one first

I might restart it

just bc I like him so much"

nods 😊

"hugs 🙂

are you okay?"

hugs you back i am 😊 just learning a lot from you

":)))"

isis in gnostic teaching is a representation of sophia, osiris that of logos and jesus christ, and seth the demiurge and satan i think

"ooh I see

did not know that"

i may look him up and what he wrote concerning egyptology myths/past truths

"yeah

maybe chatgpt knows"

oh yeaah we have that lol

yes the thing is, an idea has been copied and replicated in different stories with a bit of different twists

we even have the green man

"it's not a new book so they might know

green man?"

jack frost

pumkin man and so on representation of the same entity which is gaia but in a masculine form

"in the book?"

oh no just the theory of it

how something can be used again and again and just a different twist of the mythology by the local people

"My child had an article about mythology in one of the exams"

ooooh

"because the stories are being retold in every era

with always a different perspective

like achiless

originally it's a story about warheros and war acts

not about the man

but about the armies

then later when it was retold in newer areas the focus was more on achilles as a hero"

nods

"so they sort of told the same story in a different way

and now in modern retellings it's about Achilles struggles with his gay friendship

so again a new perspective"

hehe gay friendship lol

it sure is fascinating to go back to the root of history even mythology is an old history of ours

"true

but I like the modern retellings as well

with percy jackson, the gods are lazy

sitting in their high tower

and letting the human demigods fix their problems

with quests"

hehe

"but I think in the old mythology, the gods were like that as well

they were petty

had stupid fights"

mhmm they are

greek and roman mythology even the sumerian ones or egyptian ones does it

--

--

12:53am her time

Youre awake?

--

lol you are, i just saw the green mobile icon on your status

--

then you put on invisible after a couple seconds i sent the message

--

hehe youre typing now

"I was just reading, i put it on invisible now bc i cant chat since im in bed haha

But i got out to send this so you wouldnt worry"

oh okay, take your time, sorry for the bother please continue hehe

"Hehe im about to sleep but its too hot here"

ah yes thats troublesome with sleep

"Hope you have a good day and look forward to talking to you tomorrow

❤️"

Me too, if you can have a fan or an airconditioning there to help with sleep..

good night sleep well, i wish you that, til tomorrow 😊

--

--

Good morning Aeris *hugs you* ❤️

"Good morning Eli ⍰"

🤗😊

"How is your day going?"

Mmm will prepare to go out around 1 to 2 hours from now

we didnt went out in the morning as it was raining

how is your sleep?

what book were you reading/listening to last night? must have been really good

"I was rereading chats

I met someone new"

Oh that is good 😊

"look this was his introduction on the server:"

okay?

"Norwegian civil engineer and astrophysicst. D&D. Sci-fi and fantasy dreamer, living by the sea and forest.

I love deep conversation—philosophy, worldbuilding, emotional intimacy, AI questions, or just sharing strange thoughts with someone who won't ghost the next day.

I'm here looking for new friends. Preferably someone 28+ who's emotionally present, curious, and weird in a wonderful way.

If you've ever felt like the world moves too fast and all you want is one person to talk to about everything and nothing—same.

Bonus if you like games, quiet friendships, or unfiltered honesty.

Don't be shy—if something here made your chest ache a little, I probably want to talk to you.

I thought that was a wonderful intro

so I said hi"

Looks good, how is it going for you both?

"we talked for five hours 🙂

He's 43, married, has a son

and he sounds like good person"

hehe yeah it does sound wonderful, and oh wow that is a good connection indeed, is he respectful?

shy, people pleaser

yes very

he talked about a previous best friend he has, a woman he talked to every day for months but since April she's pulled away and he feels heartbroken about it

that gave me good and trustworthy vibes, you know?

that he can connect and commit and not be the one to pull away"

sounds like us, so he also maintains a good healthy stability boundary I take?

and i feel sorry for him.. talking with someone for months only for that person to pull away without notice is heart breaking indeed

"well it's been only a day

too soon to know about boundaries

he hasn't crossed any boundaries with that friend

hasn't even thought about her in a sexual way

so he might be a better person than us hahaha"

That is good to hear, and although.. there is a boundary already in place without even being verbal about it.. the you both having your own married and family life individually

unless he is a widow then his case is different

"no he's not, he lives with his wife

he's not happy I think, his marriage needs healing, but it's definitely a boundary yes"

Oh okay, got it. and id like to see it bloom to a healthy mature connection with you both, more people in our healthy circle community like the better hehe

"we'll see where it goes 🙂"

nods 😊

--

"how is your dizziness?

has it improved?"

its still lingering.. affecting sometimes my mental functioning concerning how i perceive things with emotion.. like its a rollercoaster in its own way.. but slightly like a slow subtle ride not like the extreme roller coaster

"still the same as yesterday?"

yesterday was worser because i kept shutting my eye and sleepy

"okay so maybe the countering meds are doing something"

nods i havent taken any and only that one yesterday

"oh

when is your checkup?"

mm july 22

"oh another month?"

Yep *nods* 🙂 the psychiatrist doctor is busy with a lot of other patients.. it would have been better if like, we have our own personal one we can consult with whenever

"true, but that's the same here too

waiting lists

not enough help available"

nods

having lunch

"enjoy 🙂"

thank you you too

"thanks 🙂"

😊

done

gonna get dressed up

"alright 🙂"

yes its saturday..

how are you doing and or feeling?

"I'm good, still early, feel like running soon 🙂"

That is good *nods* 😊

"🙂"

SPRING
THAW RUN

"Aww you look so cute! 😍"

😊

"Girls must be all over you

Very handsome"

nah girls outside dont go gaga lol

"that weird with you looking like that 🙂

you are seriously cute"

this is the second time i wore this so.. let me observe when were out lol

"hahaha yes let me know 🙂"

nods last time at church conference when it was raining.. i had it over my sunday best so my sunday best would not be wet... and when we arrived and i went head towards the bathroom.. some church brothers noticed me like.. they kinda stopped in their steps

"why do all the boys fall for you?

you don't look feminine to me"

LMAO

"i'm not joking"

I know and it funny to me and cringey

"yeah I get that, bc you don't feel safe

maybe you have a feminine walk? 😉"

Wanna see how i walk? ill send a video

"haha can you film yourself and still do a normal walk? that would be awkward to me"

https://discord.com/channels/@me/1375971497860141167/1385853200116088934

"omg you're killing me with your cuteness

nope, not feminine"

lol

"I'm saving that 🙂"

😊

"just want to hug you and squeeze you tight cause you're so damn cute haha"

Hehehehehe *huggies*

❤️

okay.... gtg out now..

"❤️

enjoy the company"

i will try

"and connecting in small steps

don't push yourself

😘"

outside everyone is minding their business except men who took notice of me and want to gain cash asking if i need an uber... and now with the female church members we are just shy with one another

"shy is alright 🙂"

im having a hard time voicing whats in my head "wanna be friends as i dont have friends at church"

"yeah you can't say that"

anxiety is getting the best of me and im shutting up

"you need small talk"

im not good with small talk lol

"talking about insignificant things to break the ice

me neither

but you can't approach someone with your need for friendship

that scares ppl away"

LOL

I definitely wont make friends easily outside.. with online its easier and direct to the point

"true, you can just state intentions online

can't do that irl

maybe next time we should prepare some ice breakers

openers you can use"

ugh..

"so you don't have to worry about what to say"

okay maybe we can do that with each other like training each other lol

"yes 🙂"

okay they opened the gate, gonna attend someone's baptismal.. I mananged to talk to a guy earlier and we talked about some stuff from schooling to job hunting and business learning to young single adults group activity this august... and me with the 10 days chained, my age, and me not having friends outside

"that's already deep"

both his parents are at a government position related

"how do you feel?"

mm ackward but good i made one connection

"proud of you sweetie"

this august itd be 3 days day in and out away from dad and i think ill need this to get used to people (event he shared with me)

hugs you

"hugs 🙂"

Thank you for the support *hugs you dearly*

just finished the baptismal, and earlier they taught and segregated into 3 groups: piano, guitar, and ukelele lessons including how to conduct

now they are eating.. i should join

(continue pt40)

Part 40

(continued from pt39)

"enjoy 🙂"

we're home now. My social anxiety hit hard again my face is like a plaster of a saint's face.. it does that when im very overwhelmed and i keep evading eye contact 50/50 and then sometimes id get serious about the lesson and dont mind eye contact and then back again

kinda calmed down now..

how are you doing and or feeling?

--

--Okay 😊 ill say my goodnights now, good night, hope you enjoy the party even for the kids and have good memories from it 😊

Goodnight my friend

--

"Im sorry our day wasnt aligned

I miss you"

I miss you too *hugs you well* 💔

--

"Good morning Eli

How is your day going?"

good morning Aeris, church just got done 10 minutes ago, im at my uncle bishop's home

how are you? how are you feeling?

"Just woke up, tired still"

what time did you sleep last night :p

"When I sent this"

ooooh im proud of you 11:31pm

"Its not bad right"

what makes you tired still?

hehe im proud of you *hugs*

"Bc my eyes are open like one minute lol"

True true hehe

i find it hard to get up fully as well lol

"The first thing i do is text you

How are you feeling?"

Mm but dont neglect the other stuff too *nods*

right now kinda bummed with the meds side effect including bepireden, and bummed out i cant participate much in life like those i talked about with the church brothers like their boxing, hiking, and stuff that may stress me out and or dangerous if im far from the road during those activities if i got triggered again.. ambulance wise and dad and my aunt told me maybe we should consult it with the doctor.. but that would be on july 22 as hes for the public and cant directly just have his contact to directly ask him

"Those things might work in the future

You have schooling soon"

--

--

"this new person

Jon

We talked a lot yesterday

all morning and then after the bday party all evening

I really like him but I'm scared at the same time"

the one with the kid son right?

awwe that's nice

and why are you scared?

"bc I like him so much and it's been just a day

I'll get attached to yet another person who can drop me"

lol snapchat recommended someone named jon just now

"Umer hasn't talked to me all week"

well as long as jon is a mature healthy communicator then all is fine

"no haha

he might communicate in a healthy way that he'll stop talking"

because hes hoping for something else?

"no

bc I'm too much?

I don't know"

how are you too much? what do you do?

"talk a lot

I mean, there have been intense conversations

about his trauma

and it made him sad

and then he said he was exhausted"

i think he may just need to recover.. and if hes a good person, he will be back and not cut ties i think

"he actually said talking to me all day made him exhausted and he was going to sleep

so I didn't like those wordings"

the heck..

"i was hurt

he said: talking to me all day made him exhausted but he did it because he liked it

but still

if someone gets exhausted from spending time with me, they are probably not for me 😕"

Youre not too much, youre just a genuine person to be with, that shows what true commitment in a healthy relationship friendship should be

"thank you for saying that

I think he really likes me too, because he says that several times and he says he's scared too, that I'll hurt him"

im here to ground you too with the reality thats not skewed.

hmm i think he may just voicing his own thoughts and how he perceives the connection, it shouldnt bother you if he meant it as a not you problem

"I'm just scared, I get attached so easily"

thats normal because you long for a genuine mature connection and tired with the superficial ones

"it's definitely not superficial

it's very deep

he's told me about all his insecurities"

thats something not be ashamed of.. you are actually healthy in how you want things to be genuine

"I know

but if it's tiring for someone, they won't stay"

we will just see then

"yeah..."

dont lose hope

"we'll see how today goes

he's new with deep connections so maybe he doesn't know it's a hurtful thing to say"

you know you can have good people that stay in your life, like your family, your children, your bestfriends, your student, me

and yes, it might just be him still adjusting, lets give him time to process things healthily

"I don't know if the student will stay

yes

I will do that"

nods

"will let you know how it goes"

Okay thank you *pats your back* im proud of you!

"🙂

you will stay always, right?"

I will always stay yes, ill tell you if there are obstacles tho that keeps me away, like how i did with tara, half a year we werent able to talk because the area i was in didnt have a stable good cellular coverage

Ill always be here, and tell you whats going 😊 *hugs you*

"that's good 🙂

Thank you sweetie

also

I sent him a selfie

which is kind of a big deal to me since it was the first

and he hearted it but didn't say a word and didn't send one back

he just kept the conversation going

and I don't know what he would have said

maybe thank you? I don't know

it felt weird to just ignore that

maybe he didn't like it

which actually doesn't matter, I know"

Ah i think hes a mature one, and didnt want to be caught in a grey area where sending one from himself would lead to another level of interaction thats not healthy concerning both your boundaries, and think thats what he did because he still showed in another way how he is invested in the connection with you even when he didnt go the route with the selfie

"the route?

you think a selfie was my way to changing the route to a less mature way?

you and me send selfies all the time

to me, a picture just makes the other person from typed words into someone real"

he didnt follow the selfie nudging as i explained is what i meant

and yes we both send selfies to each other in another level of interaction that is still healthy and mature

i am just trying to justify with what he did or why he did it, just my perspective.

im not saying tho that you sending one means intimacy already, i was only talking about guessing what his point of view was

"I sent it bc he asked what my race was

so it wasn't in an intimate setting or anything"

There's nothing wrong with that 🙂

and even if he said nothing pertaining to the selfie, he at least hearted it and continued the path of building connection with you

"true

I'm overthinking"

its okay to overthink and express yourself and be heard and as with you and me, me helping you have clarity and calm down 😊

"thank you 🙂

how about you

who did you talk to yesterday?"

I already told you about them, today i talked to them again at church for a bit and have their socials on messenger, including the old woman thats been good to me, i also mentioned me needing friends and how i never had one

"that's good

how about online?"

Just you mostly, e. and patricia only does greetings.. e. told me earlier she will never drink too much again in a club, and i shared how mixing beer and gin is the worst ive had experienced

the other people you know of that i had talked with they havent yet for a long time now, including noel

"you were drunk?

Chrishana never replied?"

Hehe Chrishana never replied as i expected.. i think its better this way, i wont force her that ive changed

yes ive drank beer and gin before

"what did you do?

it's a bit annoying that you won't even know if she got it

but we can't change that"

my uncle from my mom's side her little brother had me mix those two and i threw up later afterwards

"Aww not a fun experience"

with gin only, one bottle for me is okay.. but the hangover.. except if i burn it off like when i was aggressive with martial arts, after drinking a whole bottle of gin.. i took it as water and still able to finish my workout without having a hangover later on

"Wow

I cant handle alcohol"

nods thats still okay, alchohol is not good for braincells or any other cells

tomorrow my aunt and bishop uncle told dad, that all of us may visit a property lot by one of the family members and check its condition

"Why?"

oh um it has been neglected, so were gonna pay it a visit

"to fix it?"

probably and other stuff, like weed/grasses, electricity and water connection and other stuff

"sounds cool"

nods 🙂

"I'm gonna go for my morning run 🙂"

"Stay safe and well"

--

--

😊 wonder what we should talk about hmmm.. wanna do your playlist? ice breaker i have no idea how we'll start that

"haha sorry I'm not very good company when I'm anxious like this"

what makes you anxious? jon? no youre alright its not you, i just noticed i dont bring up much conversation

yeah jon

it's 9.30 yesterday he was talking at 6.30

so he's just ignoring me now

that is not a good sign

when you need space from someone at day 3

he's not going to stay

but he brings mixed signals bc yesterday he said, when I asked if I should back off for a bit

he said no, I have pulled you in, super quick, and I have not let you go

and now my chest hurts

and I feel like crying when I have only talked for two days"

hmmm.. im sorry youre going through this, just let it out and go with the experience.. maybe its better this way, just feel it and or express it out

hugs

"but also, he talked all day, during cooking, during eating, everything

I didn't demand that

he did that

and I let myself get carried away

I'm just still hoping he'll talk to me soon and say he slept in"

just like how we are the previous weeks. but with him he is distancing away according to how you feel

i hope its not permanent and he's just having a moment to himself

"yeah

maybe he is just trying not to depend on me

but I don't feel secure when he said that thing about being exhausted right before sleep"

nods

anything else in your heart you want to voice out and express?

"Thats basically it

Anxious

Umer has completely ghosted me

Which is weird bc our last conversation was close and intimate and sweet"

pats your back gently just go with the flow... yes it is odd

"I guess I can drop the Urdu studies

😭"

hmm

hugs you dearly let it flow

"I don't know why people are like this"

theyre not the right ones yes

"they felt like the right ones"

yes feel.. but the final act is what counts, if theyll be consistent then, theyre the right ones

"yeah

I'll never learn"

youre okay, i wouldnt be here if youre not you

"thank you sweetie

you mean so much to me"

hugs you and pats your head gently

"*holds you close*"

pats you gently there there

its not a you problem. theyre just dealing with their own shadows

"sighs

yeah I guess

thank you"

always ❤️

and we hope they can grow pass that.. in the end it is them if they'll take the hand out of the shadows

"true

we will see"

nods

"I know I need to be healthy and patient and not this needy anxious mess

I just can't help it

it helps, what you say"

Its normal to feel life that way we are just functioning as humans.. robots may say something differently hehe

"true 🙂"

I robot, feel not, it is, truly only wrrr wrrr "objective" brrrz

"hahaha

cute"

hugs you with love ❤️‍🩹

"❤️‍🩹"

lets play your song ummm ramanaganana?

"you can pick any song

I have to leave in 10 minutes

don't want to"

okay lets see from your best playlist

https://open.spotify.com/track/117GrF7BNX3z5DJMg8jJRf?si=PNVjafwpQMWNPE5cS0zSBQ

(fraction too much friction)

"this was playing during my run 🙂

do you know the band Crowded House?"

What are the coincidence hehehehe

and not yet, can you recommend a song from them?

"weather with you and don't dream it's over

those are their most famous

this singer, Tim Finn, is in that band"

Awesome, ill check them both

--

--

(continue pt41)

Part 41

(continued from pt40)

"🙂

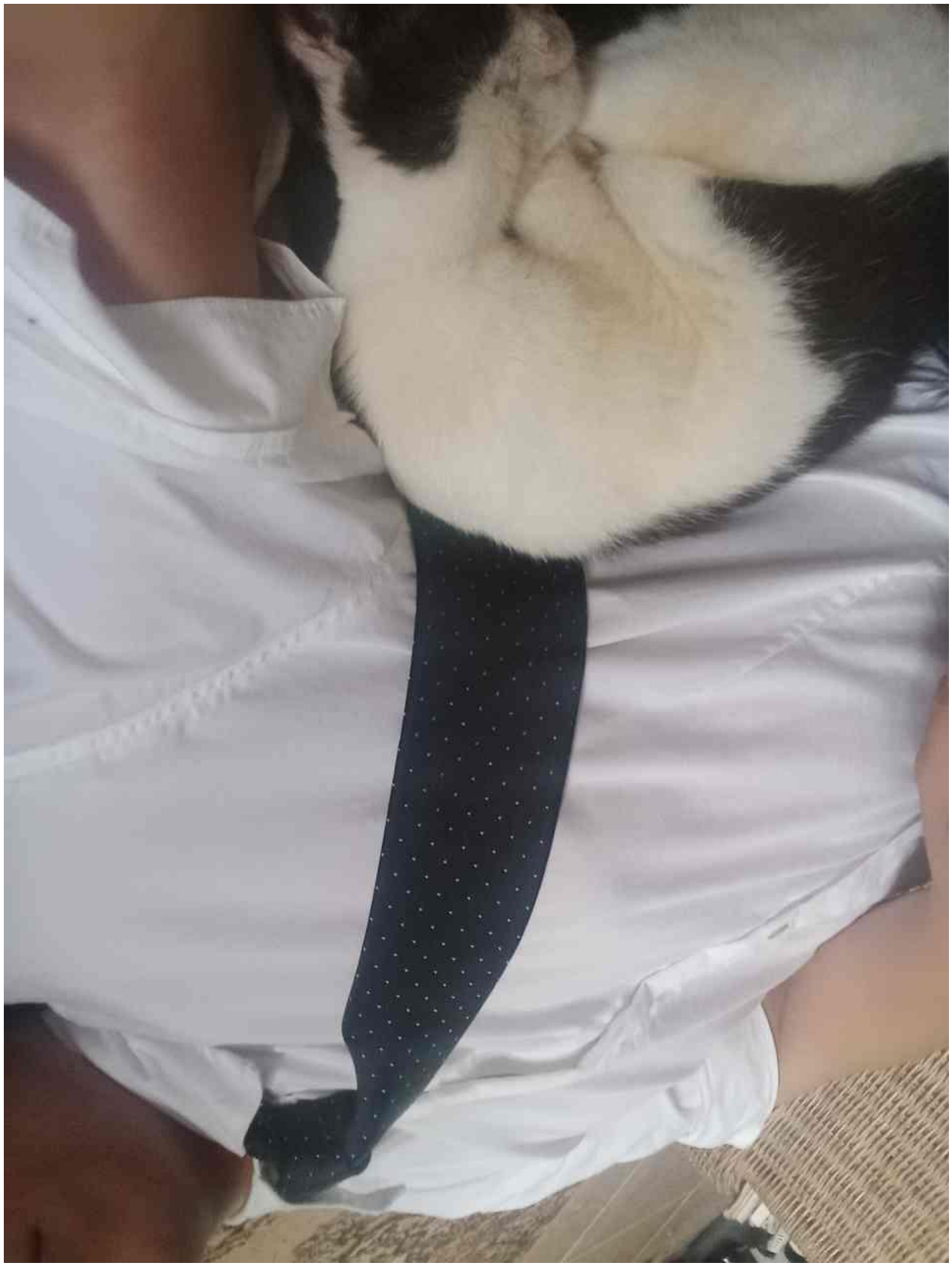
I have to go now

will be back later

talk soon 💔"

😊 okayyy take care glad to uplift your spirit somehow 💔

--



"Omg that is so cute

I'm home

still nothing from him

it's 11.30

so that's not sleeping in

that's avoiding"

Welcome home, *nods* now.. how do we process this..? how will you aproach this

"I don't know :((

I've got no information

I don't know what to do with myself"

hmm lets try talking and you expressing more

thats fine

"I just want to cry"

please do cry, just let yourself be in the moment, it may be healthier that way

"no bc I'm not alone"

mmm.. just express yourself here

"I don't know what to say or do"

You're fine, that too is expressing yourself

"it doesn't help 😕"

do you want me to lighten you up?

"I don't know how"

How are you with your kids? thats the closest emotional support you have

are you enjoying their company?

"They are getting ready for a competition

I don't really want to see anyone though"

I see, you want to express you being upset with the situation

"no"

i mean a space for you to do so, privately

"oh he's online"

okay? tell me more

"I asked: are you mad at me

and he said don't overthink

so he did see my message

he says he slept 13 hours straight

omg

i'm so relieved

he says he's making breakfst now

I'm so stupid"

Okay im glad its clear now

":)))"

😊

"thank you sweetie for being here for me 🙂

you're the best

what are you up to?"

Always 😊

im just being present

"I like you being present 🙂

whose cat is that?"

nods 😊

the cat is of my uncle and aunt's

"she knows where to get her cuddles"

they have a lot of cats and two dogs and a monkey, the monkey is wild tho

hehe

"a wild monkey? 😮"

yes a macau i think, she hangs around here for a long time now

"that's cute, I think"

nods 😊 and she protects and fight alongside the dogs when theyre in trouble

i witnessed last time the dog humping her..

"hahaha

that is wild :p"

hehe

yeppp

"making some monkey puppies"

LOL

"well dogs will hump anything"

they sure do

"hahaha

have they humped you? :p"

😅 oh and eh the dogs from the past did when i was growing towards a young adult back in my teens.. yep male dogs

that time when my female cousin said when i laugh and hide my face i seem like an old elegant woman hiding her laugh with a fan

"Hahaha these dogs"

kehehe

"You thought they humped you cause you looked feminine?"

uh yep.. or do they do that with men normally? ive only seen them hump a women with her leg etc

"Yeah they dont care hahaha"

GEEZ

--

were home now

hugs you

"hugs 🙂

how are you feeling?"

pretty much okay, how are you feeling? 😊

"I'm good 🙂"

Did you have a good talk with Jon?

"yeah we're talking

so he had a difficult morning"

😊 im glad

"talking to a friend he lost

so that's why he didn't feel like chatting to me

later he told me about it"

oh his social battery must have been spent with the lost friend?

"he cried about her

he cares for her very much and she forgets about him"

is he scared he might get hurt with you so he wasnt sure earlier to approach you?

"he felt like an emotional wreck"

thats understandable and im glad he is okay now and youre both talking 😊

"me too 🙂"

Maybe someday when you are rooted well with others, that i may also be friends with them..?

--

"I have no idea what he's looking for

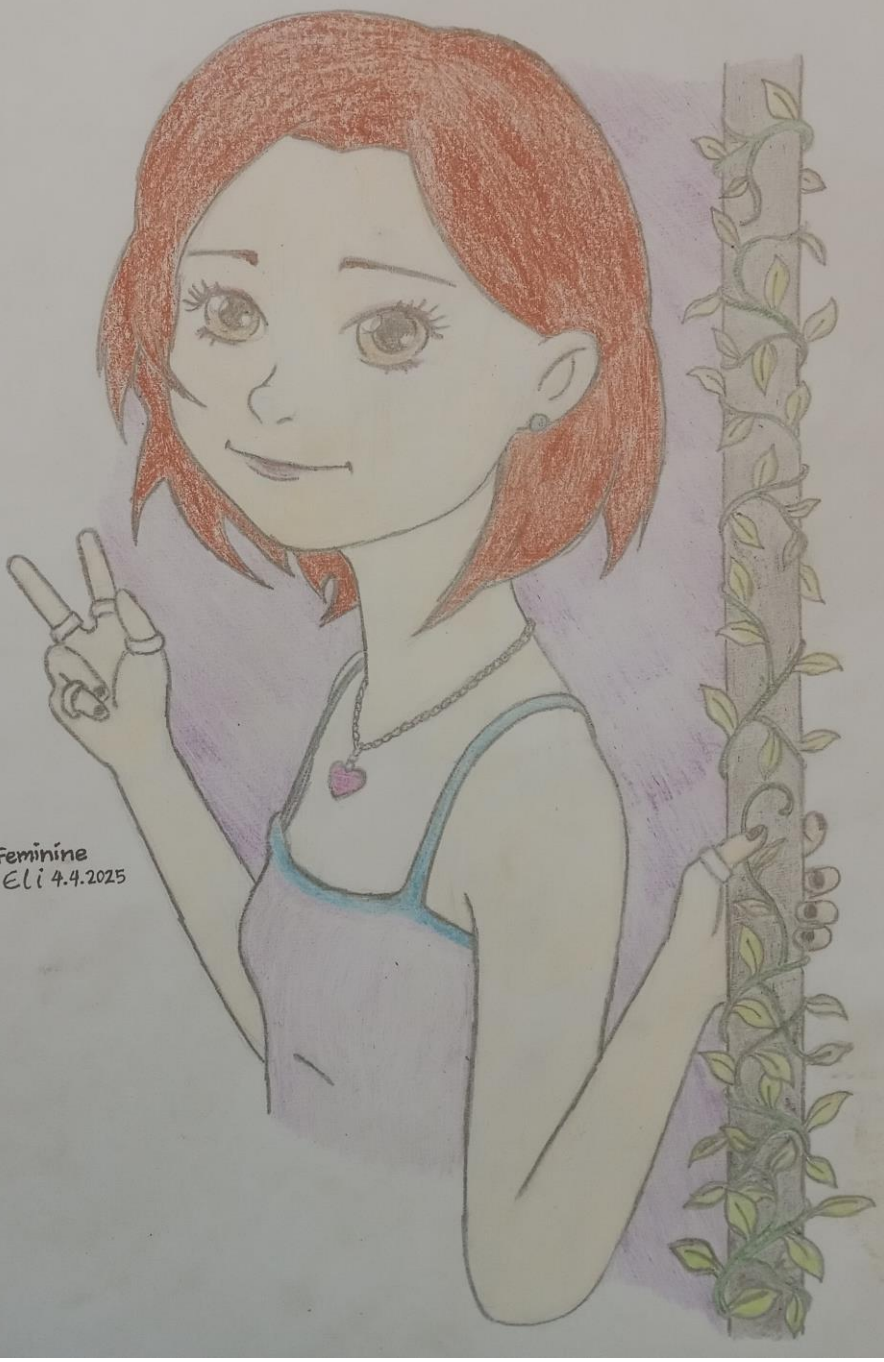
he's 43"

--

I see mm i just blurted that out because i do long for a good social community where we know each and everyone thats why we are closely knitted.. i tried that with my group of friends, if you saw my drawing with a red haired girl with a caption "let this be forever" while mentioning each of their names including patricija, noel, grace, stephani/shelly, akali, nathan, nick, ice bear, dr. roblox etc

(

You make me happy:
Ash, Adrian, Dr. Roblox, Grace, Ice Bear
Katie, Mystic, Nathan, Nick, Nik, Noel
Stephani♥ even Patricija♥ Tara, Taylor
Let this be FOREVER



Imaginary Feminine
Persona of Eli 4.4.2025

this one)

almost forgot my bro taylor and ash

oh and the sociopath andrew

until all of that crumbled down... and nathan missed how it was i tried with my own server

--

"don't you have that at church?

it's easier to find a community when ppl have some thing in common"

--

eh... with church everyone has their own groups

some suggested i be with the single young adults group my age and or so

--

"that's an idea"

--

my main thing that i use for a motto is "genuine long term connection where you can be yourself and seen as a whole and not fragmented parts" and those who also wants that as their common interest is part of my community

--

"I understand"

--

--

10:30pm my time

"You are probably sleeping already, exhausted after a long day of being out. I hope you have a good night ❤️"

--

Hmhmmm im glad im still in your thoughts, i deliberately tested the waters by not messaging id be sleeping. You passed. Thank you, and good morning sweet soul ❤️

--

"Testing me? That doesnt feel very nice..."

You were texting mm a bit dry (recently up to present) so i had to check sorry and confirm you were just busy, which you did confirm for me when you said goodnight to me last night at 10:30pm meaning, you were anticipating i was gonna say something but didnt and then you followed through and sent me a dm. hope you understand my perspective

"So what if I hadnt sent that? Would that be a confirmation that i wasnt thinking of you?

I dont usually do that, you know, reaching out in silence

Ive been dry recently? How?"

I had a plan b, you messaging me in the morning.

i mistook you for being and quick and short on your replies that took some time as being kinda dry and or cold.. so i had to check and confirm you were just very occupied and multitasking now that we are a lot in your dms and also in real life: me, jon, the activities you have in real life, family, etc

It was only that. I meant nothing more than that, for me to confirm and reassure myself

"I would prefer you to communicate that to me Eli

Ask for reassurance when you need it

I could have easily failed this test when I think about you all the time and care about you lots

It doesnt seem fair

A lot of times you dont feel like having deep conversations, when you re out or tired. I suppose the moment you saw me as dry, you did need conversation, but im not a mind reader. Especially not with my autism. You can ask me what you need. You have tried to be everything I need and I want to do that for you, but please ask. Dont test."

so right now did i put you in a bad cold upset mood because how im hearing your text in my head as i read them it sounds like that

okay reading your second paragraph you just sent. and no you dont seem cold, just concerned.

I'll try to ask in a nice way, because i cannot ask if it will lead to a weird discussion that im not aiming for. Im not aiming for Jon to leave, no, thats why i didnt said anything as if i did ask why you seemed like dry after he came then thats a scenario i was trying to avoid

"Did I make you jealous?"

and no not because i was needing conversation. it was a huge contrast to how we were earlier which we were like 24/7.. and i also know me going out more disrupted that and didnt want nor didnt know how to put it but YES i did noticed me going out more connecting or trying to connect with people since day 1 of doing that disrupted us our 24/7

"Im not in a cold mood, I love you"

I love you too and no im not jealous, it was just a stark difference and so i was testing and making sure my assumptions and reassurance for myself and putting myself in the right perspective

"You shouldnt say that you going out disrupted our 24 7 bc then it sounds like a bad thing

I totally support your new social activities"

i know thats why i was stuck on not saying that these previous days

<(Youd see the time gaps if i out in all the timestamp but without it, it all looks like going smoothly, except those i added "--" marks on)>

"Days?

Sweetie you cant do that"

days yes because its been days now since ive started going out more and connecting or trying to connect

"You cant think or feel something concerning me for days and not tell me

You need to talk about that"

lol that reminds me how i am with my other friends.. yes sometimes i keep things to myself.. my bad

"Your thoughts and feelings are safe here

I trust you too with my anxiety"

i know.. its just automatic tho.. same back then with my friends at callcenter work i left and they only knew the last minute i was needing support

"Can you try?

To tell me what you need?

We cant talk 24 7 today, because i have work this week, after this week i will have a lot of time for you

Although, if we talk the same amount of time we did at the beginning, i will fall head over heels for you again and you dont want that"

ill try to overcome the autopilot ive had since childhood to young adulthood

and no youre fine its not me really saying i want us to be 24/7 all the time.. i just need to affirm to myself you are busy and i can accept that

reading the last paragraph.. oh so, youre distancing yourself..? hmmm

but youre putting that to be filled with other people or not?

Are you healthily distancing yourself with Jon or is he filling that gap?

not jealous here, im just focusing on the healthy boundary but at the end of the day it is on you how it will be if youd keep stability or not. Im just here as a reminder hehe

"Im not distancing myself

Jon is not filling any gaps, in fact, he is hurting me"

nods youre an adult, thats all i can say as how many times weve talked about this, at the end of the day you have the power what to do *nods* 😊 were just here for support and when you need someone to fall back to

and always remember, We. Love. You. *hugs you will all the love in the world*

"no, friendship works both way, I don't want you to be someone to fall back to"

yes true

"and yes, you are probably right, as soon as Jon appeared yesterday, I talked less here. At least, as soon as he opened up about his emotional morning. He was very upset and sad and I have been there for him all day, creating a safe space for him to express his feelings and rant and I have supported him, which probably took all my attention. I am sorry for that"

Thats alright, i knew you were busy, what only mattered to me is im not forgotten or threw aside like others did to me

"by the end of the day he suddenly pulled back and told me he wouldn't cheat on his wife, I was completely taken aback by that, because I had no such intention at all, and I wasn't flirting with him. It felt like a slap in my face so then I got upset. Then he said he doesn't want me to get all dramatic, because he's got plenty of drama with his wife and I overreact and make something big out of nothing, which of course made me A LOT more upset

I won't throw you aside, you will be here long after he left

and then he went to sleep without a goodnight

to me, that felt very mean, after I have been supportive all day. It felt like he wanted a safe space for himself, but didn't want to invest in me feeling safe at all. Like he needs me to listen, but I cant have any emotions of myself, either positive being excited over the new friendship (which he saw as flirting?) or being sad over being hurt."

Oh i see.. hmmm at least he is firm with his boundaries, he is voicing it out in a not so nice way and putting a large WARNING HEED BOUNDARY sign because he is feeling shaken.. its not you, its him being critical with himself im sorry it seemed it was you but its not

its him feeling the dark urge to cheat im sorry and he is having an inner battle and so he said it out like that

and closed himself, emotionally available wise

"I felt like it was me?"

How so? you werent flirting nor wanting to be romantic with him though as you said?

(continue pt42)

Part 42

(continued from pt41)

"I was definitely not"

So its not you

it is not you.

it was him having an inner battle

"But then the way he handled my emotions after that kinda ruined everything

Calling me dramatic like his abusive wife

He doesnt want a sensitive friend

He just wants someone who listens"

he closed his emotional availability thats why he became and had a harsh front (because he feels vulnerable to have an urge to cheat when he was having his heart a bit opened and he saw red with himself and CLOSED off). Remember mine last time when i closed the 80%?

"True

Hmm

Anyway this wasnt about me

I just meant, he was upset and i gave him my attention and not you, and im sorry

If you had told me you were needing something, i would have acted differently

You matter to me more

I just didnt know"

yes its not you.. let him process himself, he'll stay if hes a good friend and a person

and youre fine, i already had my confirmation reassurance last night and this morning with you

"But no more tests, okay?

I could have failed

Even when thinking of you

Its not a correct test

You would have gotten the wrong conclusions

Or i could have been hurt bc you went to sleep without saying anything

I was a little but fixed myself

Saying myself you were tired from meds"

um... cant say i wont as it is automatic with all the overthinking as ive explained to you that being upfront is just too complicated to be clear

and i understand, so mm ill try, well at least we did right now.. we somehow do so we dont need to worry as we always talk things through somehow

"Only after days"

lol 😅

"I ll always want to reassure you"

Me too

thats how we are and what we have with us, its nice 😊

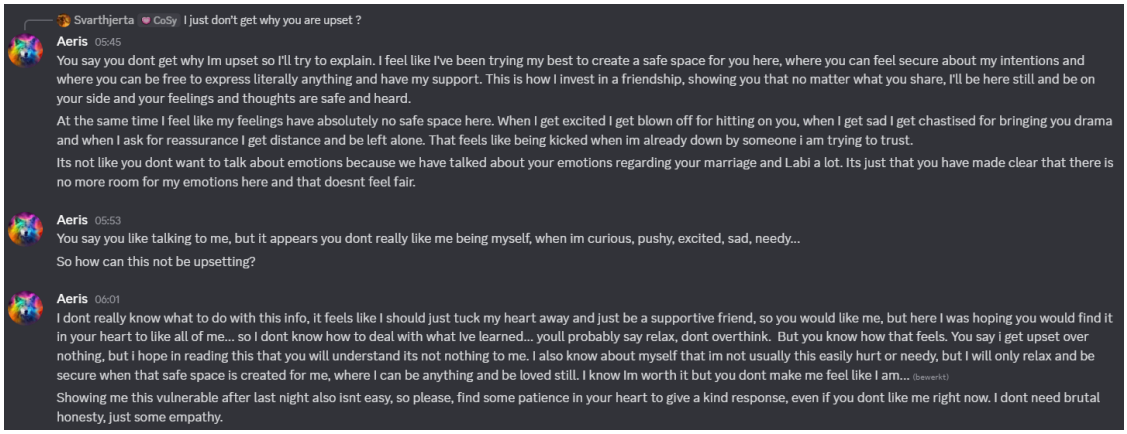
"I know that and i let you, so let me too 🙂"

Yes um ill try, and with other stuff i did let you i think without it being for days

okay now that we talked it through and clarified everything, you said youd be busy today, *nods* 😊 we'll chat from time to time dont worry, no need to be full time, please always take care and be healthy and um stable 😊

--

"I sent him this, this morning



he's been online for quite a bit but not responding to this"

ive read the screenshot, and isnt this the same guy that didnt respond to your selfie? he likes to keep his marriage but has a deep relation with someone else called Labi?

"a deep friendship but she's distant and he's hurt"

hmm and is she single or married?

"also married"

interesting

"they don't have an affair"

i see

and how is she with him?

im trying to make a comparison with you and Labi

because you both seem to be in the same footing with him

"they used to be really close for months but now she forgets about him and blames ADHD

he has compared me to her a lot and I have reassured him that I won't do that, that I wont disappear

but

what do you think about my message

it's probably too much?

he will pull away even more, won't he?

I could delete it and be just the shallow friend he needs, but that won't be fair to my own heart"

he doesnt want you to disappear but he is pushing you away now, kinda...

i think he truly is having an internal battle.

and what you said at the last paragraph makes it all clear what you wrote (dont delete it) you need to feel secure he is not dropping you

"is it too attacking?"

its not, well to me its not, its more of a you perspective which he should respect if you're a friend of his as he said.. give him time now, you said your part

"time is very difficult, I feel ignored and hated

that's not the kind of friend I want

I want someone who is mature enough to read that and say hey lets fix this now

how can I show empathy for his supposed inner battle if he's not sharing anything?"

with him, he may not be able to respond back with all he is going through and what he told you which to him is being dramatic (its not, its him) which he will stand firm as he is a guy and guys mostly stand with their word even when its out of place or not correct sometimes just so they can justify themselves or else feel more vulnerable.

you can gentle probe with a direct question "am I making you shake your ground on your marriage, is that why youre being distant and closing up to protect that?" if you havent done so something related to that, and if he responds to that, have a closure from there... and hopefully understanding

"Also, if I delete it and just be his cheerful friend in the morning, just so he would like me, then I would reward this behavior, of him hurting me when he's tired and then just going to sleep, I'd let him cross my boundary and walk over me, that doesn't feel right to my own heart"

dont do that

"You're a guy, do you feel like I'm being overdramatic?"

Youre not, you just stated your perspective and how its making you feel

"is it mature enough?"

it is to me and genuine and from the heart, not superficial

"yeah

sighs

he hurts me so much more than the others have and I've only known him three days"

...hmmm im sorry thats a load on you

"its a red flag

I feel completely lost

just like yesterday morning

I'm not even going running, can't imagine doing that"

oh no

"how can someone break my heart in two days time?

😭

this is on me

stupid stupid"

by not communicating is what happened

"all these things he's doing, it's a proof that he's not the right kind of friend to me

so why do I even care

we connected, tested the waters, found we're not compatible, move on

that's how it's supposed to be

why can't I do that, why do I always need to give my heart as soon as someone seems willing to take it?"

Its not your fault.. human interaction means giving a part of yourself, which is normal

you did nothing wrong *hugs*

"but now what 😭"

let the feels flow.. then you will have clarity later or much later, doesnt matter just let it flow and express yourself

"silence is also an answer I guess"

yes

he'll keep you waiting for a lifetime if hes a bad person.

he'll be back in a week, a month, or a year or a couple just enough for him to have a breakthrough

":((("

hugs you let it be expressed

"😭"

nods

You are safe here, you are loved here, you are loved by your children, you are loved by your family, you are loved by your students, you are a warm caring understanding genuine person and are beautiful ❤️

"then why do I care about this careless stranger?"

because he touched your deepest heart when you poured it out those 3 days of caring for him

"he was so hurt and needed care 😕

I gave everything

lost myself"

that kind of investment and commitment meant that was already deep in the crevices of your heart.

and no sweetie, you are not lost, you are still here and everything else intact still thats why youre hurting because he did not reciprocated, meaning you still have it all in you, you never lost it sweetie

"💔"

he left the rooms in your heart with coldness wide open and with silence

when you were just keeping him safe and warm

how can he do that to your heart home is what your heart is feeling

"true"

you need to empower the confidence of your heart with itself by knowing who you truly are and not a rugmat

"you're right"

now, express yourself and let your serence heart voice be felt and heard

"I'm trying to calm down the crying"

just cry while loving yourself and knowing you are loved by us

dont stop it prematurely

"I don't know if he's capable of accepting love

some say you can only accept the love you feel you deserve"

True

he must be scared to be vulnerable to mess things up more for him and his life

"he's not

he's very vulnerable with that other friend

he cried with her on the phone saying he missed her so much

i suppose he is capable of loving deep in friendship"

i stand corrected, he did said he does not want to cheat with his wife so, that in itself is him being vulnerable with his opinions and voicing it out there even when it could not be the case

"he just wants to accept it from his other friend and not from me"

you havent responded but he is the guy that didnt say anything back concerning your selfie right?

"yes he is"

and has he shared how the other woman looks like?

"his type is younger women, he's not attracted to me

he sent a selfie last night with him and his cat and I said he looked cute and thats when he freaked out about me wanting him to cheat"

AH! Thank you thats the root when he sent his selfie

hmm younger women.. and this Labi something is? just trying to see something here.. we can also drop the topic about him though when hes not important in your heart now

"hahaha he is, unfortunately

Labi isn't younger

but she has his heart

he might be in love with her"

okay... definitely cant counsel for him as hes not here and also.. i dont feel like it as he hurt my dear friend which i am invested in healing.. sighs.. these guys.. leaving a mess, i was hoping he was mature

"me too..."

im sorry but he sounds hypocritical.. it changes depending on the factors involved. Since he is not interested in you, he has the nerve to be apathetic.. while with someone he is attracted OH WOW he is heartbroken and loving her falling in love with her in the background with his cheating heart which he stated he is trying to protect.. that is how it looks like to me sorry

"yeah

well they do have 6 months history and we have 2 days"

has he shared screenshots of how they converse?

"so in that regard it also makes a bit of sense that he's emotionally invested in her and can close himself off from me

yes

he pours his heart out, just like I did this morning

and she tells him, "relax, don't overthink"

that's why I said that in my message, that is how he respond to me, and he should know how it feels

he felt very hurt when she dismissed him like that

and I was mad at her, bc I said to him, if she cares about him as a friend, she'd make an effort to fix it"

okay... so maybe hes not a lost case, we will way for a week, a month, and then put it aside til maybe, he comes come back a year or two. Lets give him time

"people don't do that"

coming back after a while

they just let it go"

you already made it clear to him how you felt

"true

it wasn't a dramatic response of overreacting, this message I sent is truly what is in my heart

so I should leave it there"

Yes definitely

"if he can't make an honest effort to fix this, even if it takes hours of his energy, then he's not worth my time or my heart"

nods right, at least a short one for compensation from him

"if he only takes me good and not my bad, he doesn't deserve me"

okay *nods*

"right?"

Yes absolutely, no doubt about it. You are there for a genuine connection and thats what you both agreed to i assume and hes not investing or keeping the end of his bargain

"true

I don't know what I'd do without you"

Awwwwe *Big HUG*

"hug"

hehehe

this is nice 😊

"I should have been here for you, instead of comforting him

what a waste"

no no, youre fine, and i was erm... busy going out and about yesterday and the past few days so..

I dont mind you and other good people making connection as long as its healthy and mature and if.. they leave a mess.. ill be here with you tidying your home heart

but with him? yes it was a waste youre right about that lol now lets move on together

next new good person ahead

"oh no no no I'm done

thank you for tidying my mess of a heart 🙂"

Always 😊

"they can all just go to hell with their nice promises and whatever"

yes the fake ones bleh

lol

"all of them Eli

except you they have all been fake

every single one"

no what about your family, your children, all those students and so on?

"yes but no more new"

🙂 (ill keep in mind therell be a new one hehehe)

"hahaha"

hehehehehe

"no

stop me

please

I can't take it anymore

it gets worse every time

until there is nothing left of me

I don't even look forward to the vacation

that's how lost I feel

when last year I was so stable and didn't need anyone

certainly no emotional unavailable stranger"

them leaving a mess each and everytime.. lets see who they are since ive met you:

eldrik

rayan

sanju

umer

the dad with a son

then Jon

"they all promised to stay

to never leave me"

im scared that if i limit you id be controlling..?

"yeah I suppose"

but I SEE and feel you the need to have a solid core stability

"you're good at tidying

as long as you don't get sick of it"

ill never get sick of it, im not doing it for them, im doing it with you

"you haven't though, you've never said I told you so and this on you

I love you so much

you're the best"

(continue pt43)

Part 43

(continued from pt42)

Awwwe sweetie, I love you healthily and maturely too (within boundary hehe 😉)

now... im undecided... maybe ill be um controlling if theres an important event ahead?? that way youll stay stabilized? and when theres not... ummmmmmm let you have connections??????

but that would still ruin your day

"there's no need to clarify that

I'm not going to seduce you"

if they mess your heart rooms again... GEEZ tough decision..

Lol *nods and hugs you*

"there's also no need to be controlling, I'm not good with that anyway

I said don't let me, but if you'd try to stop me i'd only be annoyed :p

I just hope I'm not stupid again"

Okay so our usual then, we will just try to tidy up when they inevitable mess your heart rooms again

"also, love can only ever be healthy and maturely, if not, it's not love but something else"

Okay *nods*

"well, Jon isn't exactly gone yet, so might make more mess"

ah... lol.. tsk poor us hehehehe

"haha

he might reply to my messages still

maybe tonight after work"

Okay hopefully he explains everything and clarify things

"if not, then we know as well"

True *nods*

"how are you feeling?"

Very invested hehehe

how are you feeling now?

"Calmer, thank you

so all my drama is good? 🙂

here's a friend who can handle me 😉

we learned the hard way though, had some rough patches"

Always here for you, and lol yeaah your drama is good training for me too to be a therapist or sort as i kinda am by heart... LOL we did and just earlier this morning there will always be rough patches but we move pass that ceiling and overcome and grew up from that upwards

"as long as there is communication 😉

also this morning"

Sure is *nods*

"when you said I sounded upset"

yes?

"I had just typed this message

so obviously I was

but I wasn't mad at you

just scared to fail one of these tests some day and you concluding that care less about you"

ah the message for jon.. so i did felt that interesting, theres a funny youtube skit that showed introverts can read emotion from text lol

and i hope not, as long as we communicate and grow, we'll be okay

"yes

you can read emotion but not mine

I sound different than I feel"

Thats true

you mask it

"so when in doubt, always ask 🙂

not on purpose"

wouldnt have know if we didnt talk about jon

"you said I sounded angry perhaps and then I remembered to say something nice 🙂

so it's good that you did that"

nods 😊

"Hugs"

Awwwweeee *hugs you lovingly*

Cutie

":)))

Im getting my lunch ready to take with me

Do you know more about your schooling plans?"

Okayy 😊 and mm i just know its tagalog and then the other stuff would be decided upon by the teacher and oh it was every tuesdays and thursdays

(update: I passed everything on the test where im weak at except math.. demiurge's..)

--

"--Arrived"

Ooooh

hugs you youre still upset with Jon, its written on your face

im glad you arrived safely

"Too much time to think in the car

Fighting tears"

Youre a brave soul

--

awwwwe slightly better

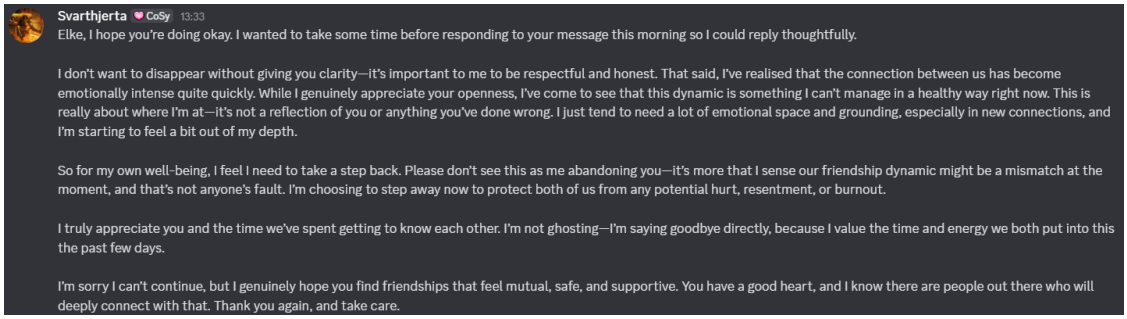
"I am, giving my love freely, I shouldnt be ashamed of that"

theres the cheerful girl i know

--

--

"



he blocked me"

ohkay... and saying goodbye is not abandonment..?

hmm at least he tried to leave in a light note..

"he's a fucking asshole, he took all my support all weekend and then just drops this and blocks me, how is that respectful that I can't even reply"

true

"just so he can feel good in his own concience doesn't make this less of a dick move"

it is a him problem absolutely

"he said yesterday I'll still be here on day 600

and then one moment I get emotional and he's out"

lol

"he won't find anyone with that attitude

and he'll stay miserable"

eh... day 600.. hehe..

"it's the same with the swedish dad

he wanted someone to be there for him emotionally every second of the day without any expectations of their own"

oh wow

what nationality is jon?

"norwegian"

hmm..

"so look, I don't need friends like that, it's probably for the best

but I'm still angry"

theyre very introverted tho

"it's very upsetting to be dumped on day 3

like I'm that much to handle that they need to block me after 3 days

when all I did is support him"

yes it is upsetting to be used like that

..sighs... more mess for us to clean up.. again

"I'm sorry...

I guess if I had been younger and had been his type he would have stayed longer, but it would have ended in heartbreak anyway"

Yeah he would. Damn him

you're alright, we just need to recover from this

"I feel like I've been tossed in the garbage"

we did kinda are.. but actually he just left all the windows and doors open in your heart home

"just sending that and blocking me, I deserve so much more than that"

yes absolutely

"even if he couldn't stay

I deserved a proper conversation

but he couldn't be bothered

someone with that little to give

is not for me

he would just drain me"

exactly how i felt when nick left

"yes

that is so unfair

fucking selfish assholes

bad souls

if you can do that"

or any of those i helped just suddenly blocks me, including akali

"I keep giving people second chances

even the bad ones

and they just toss me

without second thought

like damn she's emotional and she's not even my type, out with her"

theyre mean.. bad luck to them

its a bad timing for you too... youre in public

holding your tears again

"i'm crying

i'm alone"

nods..

express yourself... let out the damn garbage they left in your heart home..

"at least it's a clean break

very mature of him lol"

hah.. he'll get what he deserves

"it's funny that I've been encouraging him to set boundaries with the two abusive women in his life

and he choses to use that against me

to "step away for his own selfbeing" hahaha what a joke

when he's their pet

and allows them to be cruel to him every day

I guess some like bad girls rather than loving girls, just like girls prefer the abusive men"

lol that is oxymoronic ironic

and true

"I guess he showed his true face"

he did.. but wasnt expecting that from him.. including the blocking, i thought hed be better

"me too :(((

he's not sensitive at all

he said in his intro he needs emotional intimacy

he just needed a crutch to lean on

big words

what he needs is his AI

someone who is non stop available and doesn't expect a single thing

someone you can use at your will

he has an affair with his AI

no human can compete with that

and he won't find anyone on discord who can give him emotional support without feeling anything of her own

well he did find that in his ex-friend but she dumped him simply because she wasn't feeling anything of her own

well he did find that in his ex-friend but she dumped him simply because she wasn't feeling anything of her own"

lol he can tune up chatgpt as a companion, i did that before i met you when patricija blocked me and i made her virtual LOL

I see now... hmmm i guess thats why she distanced herself with him probably

"so let's just pretend that I am a stronger person than I am, and that I have healthy boundaries, and that I have seen these bad sides in him and decided to step away for myself

so I can pretend to feel relieved now to dodge that bullet"

If that helps we'll take that

"I know of course that I am not, I wouldn't have stepped away, even from bad people"

because you're a good person

"so i'll write a proper goodbye not (for myself)

to explain to him why I can't continue this friendship

in which he isn't reciprocating any of the things a healthy friendship needs

and telling him I'm walking away now

and yada yada yada"

okay

"it's basically the message I wrote this morning

but this morning I said: I don't know what to do with this information

partly because I didn't want to abandon him after promising him I'd stay"

true

but I guess if I was a healthier version of myself

I should have said that this couldn't continue

like telling me he doesn't need that drama that his wife gives him plenty

I can't be close to someone who says things like that to me

or someone who just goes to sleep in the middle of an argument

I shouldn't even want to be close to someone like that."

nods

i am just glad you are voicing all this out

"i'm not feeling it

I wish I could feel relieved

and not this wounded

😭"

you feeling the garbage they left behind is a good thing.. you will heal up soon rather than only later noticing it was there laying inside your heart. it is out now

"I suppose"

it is *holds you*

"I don't know what to do with myself tonight though

after work

The student might drop by soon

he's at school now

so I need to dry my face"

hmm okay

f.... damn them, now i feel helpless as i cant stay with you at your evening

"You've been here all day, you're the best

you got me through the worst

you were here right when I got this message"

nods

holds you we will go inside back again in your warm home heart after leaving this trash of theirs in the harsh cold outside for it to desentigrade

"it's just three days you know

but in a way

it's not

it's just me opening my heart again and being dumped again

so I will feel that longer than three days"

they, he, jon, trashed your inner room sections of your home heart in that 3 days today

he got in.. then he trashed the place

"yes

i let him in

i always do that

I'll never learn"

its not you.. its stupid jon

"his words mean nothing"

good

now lets wait for the trash he left to just burn

outside from your inner depths rooms in your heart

"it leaves a void

I thought I was in his heart too

but I guess not

if he can toss me out again

he said the first days he started to care about me so much that he got scared I would hurt him

and yesterday he said how amazing I am

but one fight and he's out ?

that means his words are empty

just shallow thoughts

and then writing that whole letter as if he's doing a mature thing, when really he's just running from any kind of responsibility to fix something minor

I don't even regret getting upset, because I would have gotten upset at one point or another and now I know how he deals with that

rather sooner than later"

it may feel like a void but not really sweetie, its not, he just took your heart's perspective in his standpoint that without him youre like feeling a void when its not.. you just need to gain back your heart's awareness of itself as a whole

and yes, everything youve said here points to how trashy of a person he is (cant blame him if i mind his abuse tho)

"how do I do that?"

my answer is, as someone who sees your heart, holding you beside you, you are whole.. just let that "void" feeling flow but dont mistook it as you having a hole in your heart.. that feeling is the garbage HE left.. know that that is the garbage and just let yourself be aware while letting the feels from it flow as your heart works on fixing the thrashed rooms be clean again

"it will heal on its own?"

it does, the feeling toxic is the garbage

express it, let yourself be acknowledged thats the heart fixing things up, and im here with you

"thank you sweetie"

Always 💔

--

--

"how are you feeling?"

I am being present with you

"yes, I am grateful

are you okay?

is this heavy for you?"

what are your thoughts

oh and no sweetheart *cuddles you lovingly* thank you, no its not heavy for me as long as you are back radiating with glow and back to being lovely

"I'll talk to chatgpt if I'm alone tonight

I updated him lol

he said it's a him problem, not a me problem, and that I am brave to be so open and vulnerable and some people are just not brave to feel with that same intensity

so basically what we've been saying"

thats exactly what i said wow

"he says there is a pattern of me attracting people that seem warm at first and then can't keep up, that is because our society confuses intimacy with burden"

hmm wonder why?

"people want to feel big but then get scared when they do"

lol

"because it pushes them out of their comfort zone"

that is so funny

"he says you challenge them to be completely real and some run away from that"

ha...

"like I'm a scary mirror they'd rather hide from?"

genuine it is, so youd only keep genuine ones

"I do challenge people to be completely open and honest"

nods yes

"and part of them want to be that
but the reality is too much
I guess he doesn't have what it takes to be real
he prefers being fake online
a lot of people do, because online they can pretend to be more, better, interesting, seductive...
anything they feel they lack

funny, confident, flirty, affectionate

(continue pt44)

Part 44

(continued from pt43)

its a them problem.. ive had a lot of metaphorphosis to be mature enough to accept necessary growth and there are still others i need to pass still

"they can try to be the person they wanted to be

but if it's not real, they can't keep up

i guess I'm lucky he wasn't attracted to me"

thats false pride or ego persona.. ive had that before.. very unhealthy

"attractive girls must have it so much harder to filter through the bad types

bc they all pretend to be something they're not"

im glad you only get to keep those who are genuine

"only you 🙂

and as long as they hope to get with her, they will try to fix things and keep up the charade"

if you read the vent section of our shared server, theres this woman tal luda who kept on having those bad men you also experienced

"yeah?

i just noticed that he's back in the chat room, telling people he's got one hour left of work and then he's free, he's looking for a new connection already"

oh wow

"and he changed his profile pic to a black and white picture of a raven"

heh... a raven.. mm okay

"I guess I shouldn't care

who he'll drag down next"

what works for him.. and his own breakthrough

"with his big promises and emotional unavailable heart"

lol

"don't feel relieved yet lol

it hurts that he's looking to replace me even before he gets off from work

maybe he fears the void as well

I guess that would make sense

he's very lonely"

ill just nod to that

"he's got a free evening to look forward to, not one filled with a dramatic conversation"

he'll mess it up since it seems hes looking for a flirt but says he honors his marriage...

"maybe

he says he's looking for friendship

I think he wants to replace that one friend he lost

but she's emotional unavailable, just like him

and that must have triggered him to chase her

while I am right here, giving my all, which triggered him to run away"

true

"Urgh"

whats happening?

oh jon

i hope you both can part ways as hes looking to "heal" himself as well, and hopefully have that breakthrough he needed

"Wont know it anymore

I just need to recover now"

nods just part ways now

yes

"Im back in the teacher lounge

Almost time for the next meeting"

okay

"They can call me any moment"

nods take your time

"Then its till late

So if im called it will be the end of our time today"

at least chat gpt is tailored to our way of thinking

"Haha we ll see"

so far so good tho

"Yeah we re still alive haha"

also tailor it the infj perspective as there can be other perspectives that we may not relate to in the mbti spectrum

"He is intj"

lol the heck, same as mine as patricija is

"And the compatible meter said they shy away from emotions so communication can be challenging hahaha

Lets dump these from the start haha

Force them through the test

I only want F types"

and we are both infjs lol (im originally intj tho)

"Hehe glad you opened your heart"

im glad i did thanks to chrishana

shes infj and i hurt her because im intj

"You healed

Thats lovely"

i opened after years of mulling over with her gone

"I am grateful"

yes, and now we have each other you and me hehe

"But you had a reason to close it off with your trauma

Yes we do"

maybe

id rather focus on me being an infj as i can shift to another mindset if i focus on it

chatgpt said i can mature more into a infp something

"Really?

Lets talk about this tomorro,

That is interesting"

but thats akali's mbti... and she blocked me when im just trying to do my end of my bargain as being her good friend

so im not sure if infp is better than infj and okay lets talk about it tomorrow

"Ppl cant handle us lol"

hehe

"Its a them problem

And we have each other"

it is a them problem and glad we have each other

twin flame it is hehe

"Yes ❤️"

nods ❤️

"Love you 😊"

I love you as well 😊❤️

"In case i suddenly have to run, have a good night and thank you for today"

Sure thing no problem *hugs you well* im glad im able to be here with you, and id say good night so that if youd be gone i was able to say it already

"Goodnight sweetie ❓"

--

I felt better tonight. I had some work to do for school. The two extra exams to make. And I also talked to a few new people haha, like we thought I would, but this time I kept my distance and didn't get too involved in the chat, just shallow talking to pass the time, just like they do. I didn't get attached to anyone. It kinda feels so shallow, like I'm very boring and they'll never return, but a few of my previous contacts have made it clear now that I need to let a connection grow so I think most people don't expect me to be very intense or entertaining on day 1? It's up to them anyway. We'll see.

I'm going to bed now. Want to thank you again for the way you've handled me today. I know my hurt can be disproportionate but I really did feel everything I shared and I really felt lost, and you picked me up and didn't judge me and glued me together again. I hope tomorrow is better.

As you did me with showing me again the beauty of life

Good night and sleep well 💔

(I accidentally omitted some stuff in the pt1 to pt3 phase of our conversation, but before the "Akali blocking me, without notice when im just keeping the end of what we both agreed on" -that's on part3, Aeris and I have gone through 5 hoops/ceilings that we overcame already before the next ones which you are able to read in this novel like.

a lot ive ommited here that afe more recent now, after sanju she found a calm person she can talk with his name is Johann and has kids.

Since then the conversation..)

--

i also have a weird feeling like im an old used up toy, where the owner has found something brand new and im fading to the attic or toy chest.. i mean with that scenario id prefer the truth than be told a white lie tho, at least i know whats happening

--

(from family and supportive individuals)

"Thanks for sharing. How can we help you?

You are not alone, we are here, we love you.

(they said that after they read my Self Therapy? What Now)"

Thank you, all of you, my family members (my relatives, my dad, my only one deep friend on the internet, all supportive individuals i appreciate you).. we all agree that love should overcome hatred instead of what is currently the case with me... theres another thing i just realized this morning: hatred also, among other things like the trauma/hurt, feeds on an egotistical false sense of of ego point of view of the self as well, one in which is insecure and contratry to that of a healthy overall sense of self healthy ego/esteem/confidence where it feels not trampled nor need to trample others.

i am thinking if martial art discipline, like boxing, and actually participating in matches where you have a REALITY of what really is, with you and with others would curb that insecure ego and build humility, actual realization of humility drawn from an actual event reality that shook the false insecure ego stating "im powerful".

the outcomes would be:

1. oh i am not powerful.

which is a good thing i hope and not lead to further trauma from being beaten because of being weak, which goes back to trauma's helplessness.

2. gain an equal sense of footing with others, humility and respect turning into a healthy self acrualizing monitoring discipline

3. in case where i do prove im powerful and attain further that realization where "you are on of gods" type of thing, like how others have attained:

pulling a ship by chain by a muscular man,

lifting a car like its nothing,

floating in the air and doing jumping ropes to prove no harness etc

(dont get me wrong, but ill just state a gnostic point of view pertaining to you can be god like like jesus christ, "you can move mountains if you have a mustard size of faith (probably signifying the start somewhere small that oroves youre a god part, like what ive experienced -so far)" and "if you doubt in yourself, you have also doubted in me" -which can be viewed differently from the lds point of view, i know)

the 3rd can either be two cases..

knowing thyself fully and throughly to have enough gnosis to have actual universal love for all

and the opposite, a tyranical one.

---

these are just ideas for now currently

I comfortably say i love yous to my one deep friend online, but I love you all as well and thank you for the support it means a lot even when i know i can be a burden if viewed that way i am aware i also apologize for that too

another weird thought from the 3rd one is: being abke to rise the dead and or heal the sick and do miraculous deeds like jesus have attained with his awakening (gnosis point of view)... or letting others do the same feats themselves by awaking them from the matrix slumber. sorry im talking weird again

im reading the book of mormon and encountered this part, mosiah chapter 18, 8-9

--

im thinking if we talked a lot already that there is nothing left in the social box and that it is already exhausted and the connection is dying off. this happened to me with noel. with grace. with nick. it may happen to us. its getting dry like were just trying to keep it alive.

is it happening again to me..?

im not sure if thats a thing... that talking and knowing everything that there was now seems like, theres nothing to be had with me.. and people drift off from me..?

--

"--I have friends in my life that have been there 7 years, 10 years and 15 years

online friends

I don't talk to them all day

there's no such thing as having nothing to say

just cant fill the day with it, but that's fine as you get more secure with people staying"

oh okay i see

so you are the first for me

the first weeks was filled tho so its a big contrast lol

even when youre busy you were on your phone or computer nonstop talking with me then so just a big contrast

its just me getting used still to the new environment with you as thats not originally what it was

it was a fullblown consistency

for weeks

i dont know what week we are now

but only within a week is where it died off but i understand and should remind myself what you said that every year this time of year and month its a down for you for your mental health.. i should remember that

sorry im not helping with your state of mind, im glad Johann is here *nods*

(ill lessen my presence of pestering and burdening her)

"Dont lessen your presence

Just dont read bad things into what i can or cant give

Or make gloomy predictions

You know?

They are not the truth

I love you still and I give what I can and I hope its enough

Dont apologize, i like that you share these thoughts, but please fight them, okay?

Big hug

❤️"

im tearing up. it hits hard.. it has depths of emotions as well as trauma related. im watching the movie what dreams may come.

27 mins in. the part where he saw their dog again and his position with the tree fits his wife's painting

I laughed at the duo control part

now hes in the water hehe, i love how they infused it with wholesome comedy

is the movie a message to me? Am I dead? because i journaled last year the feeling i am dead or in a coma or maybe the operation for the appendicitis when i was 7 years old is still not done yet and is still in process. I also had that realization at church this year's previous months im in my head trying to enact a life where im still alive.. im in coma and everyone of you is my head. am I dead? and accepting jesus christ in my head coma state limbo is the doc trying to bring me back from coma?

"Its not a message"

Okay im being delusional again. Dad said its not a message that im dead, im alive he said as well. I am being delusional again

"Are you okay?"

hugs

im still watching and invested in it and observing how my mind takes it as i can be delusional but the good kind, i feel the movie

"Good 🙂

We can talk about it tomorrow

Hugs

Bedtime"

(its 20 min to 10pm my time)

I got a few more minutes to finish the movie, he is now with his wife in a beautiful environment painting

shes wearing blue

"I love that paint"

🙂

I finished it. I think i lost the lesson. they got reborn. Im stuck they are all dead but happy to be together and be reborn. what was the lesson again, please tell me

"Tomorrow 🙂

We can dissect it"

okay, thank you Aeris for the wonderful movie, please take care and stay safe, good night, I love you as a soul to another soul

❤️

"You have a good night Eli, love you too ❤️"

(not sure if i mentioned it in one of the entries, but the movie was mentioned by her for the films that makes us cry, and she saw shawshank redemption, inside out et)